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ABSTRACT

This bibliography was prepared for educators interested in nutrition education materials, audiovisuals, and resources for classroom use. Items listed cover a range of topics including general nutrition, food preparation, food science, and dietary management. Teaching materials listed include food models, games, kits, videocassettes, and lesson plans. Textbooks and resources are listed to assist with background information. Items are placed in the following categories: (1) Curriculum/Lesson Plans; (2) Learning Activities; (3) Audiovisuals; and (4) Resources for Adults. (JRH)

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Nutrition Education Materials and Audiovisuals for Grades Preschool Through 6

ED 409 204

SRB 97-02
Special Reference Briefs Series

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Special Reference Briefs Series no. SRB 97-02
(updates SRB 96-01)

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Table of Contents

Introduction ..... page v

Document Delivery ..... page vii

Curriculums/Lesson Plans ..... page 1

Learning Activities ..... page 14

Audiovisuals ..... page 28

Resources for Adults ..... page 38

Introduction

This publication has been prepared for educators interested in nutrition education materials, audiovisuals, and resources for classroom use. Items listed in this publication cover topics including general nutrition, food preparation, food science, and dietary management. Teaching materials listed include: food models, games, kits, videocassettes, and lesson plans. Textbooks and resources are listed to assist with background information.

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Curriculums/Lesson Plans

5 a day for better health!
2 posters, 7 sets of lesson plans, 1 booklet, 1 set project implementation sheets, 1 activity sheet, 1 cover letter, and 1 refrigerator magnet
Laramie, WY: University of Wyoming, Cooperative Extension Service, Dept. of Home Economics, College of Agriculture, c1996.
CALL NO: Kit no. 321
Summary: Contains classroom materials developed to encourage students to eat five fruits and vegetables every day. The curriculum can be used to supplement the nutrition lessons already in place.

Adventures with Mighty Egg: an integrated curriculum unit designed for grades K-3
1 curriculum guide, 1 wall chart, 8 activity sheets, 2 sheet stickers, and 1 evaluation form
Park Ridge, IL: American Egg Board, c1993.
CALL NO: Kit no. 276
Summary: Lesson topics include: classifying eggs by color, size, and animals that produce them; sequencing events in egg production from farm to consumers; observing, comparing, recording and manipulating properties of eggs through science experiments; changing variables in egg recipes and solving math problems using eggs; categorizing eggs and other foods by nutrient content and daily servings needed for good health; using eggs for international holiday celebrations and as art; and thinking and expressing thoughts about eggs through words, pictures and music.

Chef Combo's fantastic adventures in tasting and nutrition: teacher's guide
130 p.
Rosemont, IL: National Dairy Council, c1996.
CALL NO: TX364.C44 1996
Summary: Teaches simple nutrition concepts, helps children develop cleanliness skills, and provides children with a variety of cooking and tasting experiences.

Cooking up the pyramid: an early childhood nutrition curriculum
Katherine M. Brieger
1 volume (various foliations)
Pine Island, NY: Clinical Nutrition Services, c1993.
CALL NO: TX364.B75 1993
Summary: Intended to offer simple ideas for teaching food and nutrition to children 3-8 years old. The units review the latest techniques in education, including critical thinking skills and cooperative learning activities. Addresses the following nutrition concerns: obesity, growth retardation, hunger, iron deficiency anemia, dental disease, etc., and discusses how educators can help. Written for teachers of preschool and early elementary age children, with major consideration given to the special needs of children from migrant farmworker families and other children living in poverty.

Delicious decisions: food choices to grow on: an integrated approach to nutrition for grades K-6
150 study prints, 1 poster, and 1 educator's guide
Westmont, IL: Dairy Council of Wisconsin, c1992.
CALL NO: Kit no. 152
Summary: A curriculum designed for grades K-6 which coordinates food and nutrition with other subjects, such as language arts, math, social studies and science. Incorporates USDA nutrition recommendations, including the Food Guide Pyramid and the grouping of foods in five food groups.

Detective Mike Robe's fantastic journey: a food safety and quality program for Head Start preschoolers
1 videocassette(VHS) and 1 manual
Kingston, RI: University of Rhode Island Coooperative Extension, c1995.
CALL NO: Kit no. 320
Summary: The objectives of this kit are to assess the students' knowledge of food safety and to introduce the concept of food safety/quality.

Eat good, feel good
1 videocassette, 1 information sheet for puppeteers, 3 scripts, 1 set pattern instructions, 1 set puppet patterns, 4 parent letters, and 3 sets lesson plans
Helena, MT: Child Care Food Program, Montana State Dept. of Health and Environmental Sciences, c1993.
CALL NO: Kit no. 195
Summary: The video and puppet show may be used separately or together. The video segments feature costumes, music, dancing and basic nutrition information. Designed to present a complete nutrition education puppet show for children and parents.

Eating right is basic--and fun! : a guide for nutrition education for Native American 4th graders
88 leaves and 35 sheets duplicating masters
Fargo, ND: NDSU Extension Service, c1994.
CALL NO: TX364.E37 1994
Summary: This is a guide for classroom instruction developed by EFNEP program assistants working in schools at four North Dakota Indian reservations. The objectives of this curriculum are: to increase knowledge of the major nutrients and food groups; to help participants be able to select recommended amounts of a variety of foods; to show positive improvements in nutrition knowledge and food behavior records; and to help participants better understand health and disease issues specific to their culture, and how to deal with them.

Education for self-responsibility IV: nutrition education: curriculum guide
Home Economic Curriculum Center, Texas Tech University, College of Home Economics
3 volumes
Austin, TX: The Center, c1992.
CALL NO: TX364.E38 1992
Summary: This curriculum guide is dedicated to improving the nutritional status of children and adolescents as well as inspiring lifetime habits of healthy eating. Contains a total nutrition education program that encompasses nutritional aspects of the child's daily life both at school and at home. Provides teachers with specific grade-level plans and learning activities that include student handouts and worksheets, teacher resource pages, and overhead transparency masters for prekindergarten through grade 12.

Energize with nutricise two
CCTV production, a public service of the Contra Costa County Board of Supervisors; co-producer, Melida Manjarrez; directed by Chris Verdugo
1 videocassette (22 min.) (VHS) and 1 instructional manual (27 p.)
Pleasant Hill, CA: University of California Cooperative Extension, 1993.
CALL NO: Videocassette no. 1863
Summary: Melanie Mackbee leads children in an aerobic exercise video designed for nine to twelve-year-olds. Nutrition concepts are interspersed throughout the video.

Every day, lots of ways: an interdisciplinary nutrition curriculum for kindergarten-sixth grade Revised
Robin Bagby, V. Star Campbell, and Cheryl Achterberg
1 set of teaching materials
Harrisburg, PA: Nutrition and Education Training Program, Division of Food and Nutrition, 1996.
CALL NO: Kit no. 353
Summary: Uses core subjects to promote fresh, frozen and canned vegetables and fruits, vegetable and fruit juices, and dried fruits. Part of a campaign to reduce the risk of cancer and other chronic diseases such as heart disease.

Exploring foods with young children: a recipe for nutrition education Revised
Tallahassee, FL: State of Florida, Dept. of Education, 1992.
85 p.
CALL NO: TX364.E98 1992
Summary: The purpose of this booklet is to provide a guide for preschool and early elementary classroom teachers to integrate nutrition education into the existing curriculum. The activities in the booklet suggest ways for children to learn to select nutritious foods and a well-balanced diet at an early age when attitudes and habits are being formed.

Exploring the food pyramid with Professor Popcorn Revised
Sue Frischie, et al.
21 lesson plans, 86 duplicating masters, 2 booklets, 1 table tent, and 1 pamphlet
West Lafayette, IN: Purdue University Cooperative Extension Service, 4-H EFNEP, c1996.
CALL NO: Kit no. 346
Summary: Teaches nutrition and basic health principles by means of activities which cover the Food Guide Pyramid and the Dietary Guidelines for Americans. Divided into three levels for grades 1-3, grades 4-6, and grades 7-9.

Food safety express: an educational program for young children
1 videocassette, 5 parent newsletters, 1 teacher manual, 1 activity manual, and 1 final report
Columbia, MO: University Extension, University of Missouri, c1993.
CALL NO: Kit no. 269
Summary: Five video vignettes feature puppets who introduce food safety topics in an entertaining way for children. Discusses the importance of washing hands, using clean dishes and utensils, ways to open food containers so that food stays clean, and the storage of cold foods.

Getting a head start with 5 A Day fun kit: fruit and vegetable activities, materials and resources for preschool children and their families
Dayle Hayes
1 videocassette and 1 set instructional materials
Helena, MT:Montana Dept. of Public Health & Human Services, c1995.
CALL NO: Kit no. 350
Summary: The activities, materials and resources in this kit are designed to encourage young and their families to eat more fruits and vegetables.

Gimme 5 Colorado: a 5 A Day curriculum guide for grades 4, 5, and 6
Laura Beauchamp
1 volume
Lakewood, CO: Colorado Produce for Better Health Committee, 1994.
CALL NO: TX364.B432 1994
Summary: The purpose of the program is to teach the importance of eating five or more daily servings of fruits and vegetables and to teach practical ways to add more fruits and vegetables to our every day diets. This book contains activities, take-home materials and resource information to help achieve the objectives of the program.

Go for health 4: taking off
Curriculum with 24 sessions
Bethesda, MD: National Heart, Lung, and Blood Institute, c1997.
CALL NO: in process
Summary: The curriculum introduces GO, SLOW, and WHOA foods and activities so children can make healthier food choices.

Go for health 5: breaking through barriers
Curriculum with 16 sessions
Bethesda, MD: National Heart, Lung, and Blood Institute, c1997.
CALL NO: in process
Summary: The curriculum introduces the need for variety in dietary patterns, the Food Pyramid, and problem solving around barriers to a healthy lifestyle.

Good nutrition practices for heart health: a manual of instruction for third & fourth grade students and their families 2nd edition
Anne H. Snyder, Lucy B. Adams, and Thomas P. Bersot
3 volumes
San Francisco, CA: Gladstone Institute of Cardiovascular Disease, c1994.
CALL NO: LB1587.N8G6 1994
Summary: It is a nutrition education curriculum designed to involve the family. One of its goals is to use the classroom environment to provide students with the necessary skills and motivation to improve their eating habits and to establish firmly the positive eating behaviors that hopefully will persist throughout their lives. It focuses on dietary risk factors for heart disease. The curriculum includes weekly lessons, each addressing a specific concept in heart health. The SPIN cookbook accompanies the curriculum.

Growing up healthy and eating right with the Dietary Guidelines: a curriculum supplement for upper elementary and middle school teachers
Steva Alexis Komeh
39 p. and 1 pamphlet
Baltimore, MD: Maryland State Dept. of Education, c1992.
CALL NO: RJ206.K65 1993
Summary: Designed to help classroom teachers in upper elementary and middle schools incorporate activities which focus on the nutrition concepts contained in the Dietary Guidelines publications into their regular course of study. Contains activities which facilitate comprehension and retention of six of the seven Dietary Guidelines.

Healthy choices, balanced meals: nutrition education program
1 box of study prints, 2 posters, 1 student booklet, 4 sheets, 1 tablet of cutouts, 1 sheet of stickers, and 8 pictures of place settings
Sacramento, CA: Dairy Council of California, c1994.
CALL NO: Kit no. 274
Summary: Uses pictures of individual foods, meal plates, and plate settings to help children identify which foods belong to a particular food group. Teaches children the components of a balanced meal. Focuses on the food groups. Includes classroom exercises, pre-test and post-test.

Healthy cooking for kids: 1995 breakfast lunch training
1 videocassette, 1 handbook, 2 sheets lesson plans, and 1 evaluation form
University of Mississippi: National Food Service Management Institute, University of Mississippi, c1995.
CALL NO: Kit no. 272
Summary: Discusses new methods of food preparation and presentation for school food service program meals. The goal of the program is for students to find that the most appealing food choices are the healthiest ones.

Heartpower
1 sound cassette, 3 posters, 1 book sing-along music and lyrics, 1 big book, 2 stethoscopes, 1 package alcohol swabs, 8 activity cards, and 1 teacher resource book
Dallas: American Heart Association, Schoolsite Program, c1996.
CALL NO: Kit no. 360
Summary: This program teaches about the heart and how to keep it healthy. For pre-K.

Heartpower
1 videocassette, 1 sound cassette, 3 posters, 3 stethoscopes, 1 package alcohol swabs, 1 big book, 1 sing-along music and lyrics book, 8 identical readers, and 1 teacher resource book
Dallas: American Heart Association, Schoolsite Program, c1996.
CALL NO: Kit no. 358
Summary: This program teaches about the heart and how to keep it healthy. For grades K-2.

Heartpower
1 videocassette, 3 posters, 3 stethoscopes, 1 package alcohol swabs, 8 identical readers, and 1 teacher resource book
Dallas: American Heart Association, Schoolsite Program, c1996.
CALL NO: Kit no. 358
Summary: This program teaches about the heart and how to keep it healthy. For grades 3-5.

Heartpower
2 videocassettes, 3 posters, 2 stethoscopes, 1 package alcohol swabs, 8 identical readers, and 1 teacher resource book
Dallas: American Heart Association, Schoolsite Program, c1996.
CALL NO: Kit no. 359
Summary: This program teaches about the heart and how to keep it healthy. For grades 6-8.

Hearty Heart and friends
Curriculum with 15 sessions, videotape, and booklets
Bethesda, MD: National Heart, Lung, and Blood Institute
CALL NO: in process
Summary: Curriculum features nine adventure episodes of Healthy Heart and friends providing discussion and activities like cartoon drawings, snack preparation, and word finds.

Hey, hey eat 5 a day for kids
JoAnne Treuhaft, Susan Zies, and Jeanne C. Wright
1 set teaching materials
Toledo, OH: Toledo Dept. of Health & Environment, 1995.
CALL NO: Kit no. 343
Summary: Objectives of this program are to promote fruits and vegetables; provide children with information about the importance of eating fruits and vegetables to maintain a healthy body; and provide interactive activities to increase children's knowledge of these foods as snacks.

How to teach nutrition to kids: an integrated, creative approach to nutrition education for children
6-10
Connie Liakos Evers
189 p.
Tigard, OR: 24 Carrot Press, 1995.
CALL NO: TX364.E84 1995
Summary: Contains nutrition education activities and strategies that integrate nutrition into the classroom, cafeteria and home environments. Highlights include guidelines for instilling positive food attitudes; information on how to make the Food Guide Pyramid and Nutrition Facts food labels meaningful to children; and food art creations for children to make and eat.

Introducing the nutrition facts food label to youth audiences: teaching packet
Alice Baughman, et al.
1 volume
Washington DC: Extension Service, U.S.D.A., c1995.
CALL NO: aTX551.I58 1995
Summary: Designed to teach 9-18 year olds how to identify and use nutrition facts food label; compare serving size stated on labels with the amount they normally eat; and compare foods using the percent of daily values.

Label power
3 identical game boards, 2 identical sets game cards, 2 identical sets of game pieces and die, 1 educator's guide, 1 nutrition facts panel booklet, 5 duplicating masters, 1 evaluation form, and 4 brochures.
Washington, DC: Sugar Association, c1996.
CALL NO: Game no. 41
Summary: An educational game designed for youth ages 9-14 understand and learn how to use the "Nutrition Facts" panel found on the food label.

Leader/helper's guide for foods curriculum
Marta Lah and Susan Barkman
1 volume
Lafayette, IN: Purdue University Cooperative Extension Service, c1995.
CALL NO: TX364.L335 1995
Summary: Provides activities, ideas, and content to assist adult or teen helpers for the Foods Project. The guide is organized into four levels: 10-11 year-olds, 12-13 year-olds, 14-16 year-olds, and 17-19 year-olds. Each section is divided into six major categories: healthy food; food safety; smart food purchasing; food preservation; food preparation; and careers.

Learn from lunch: a kindergarten-grade 6 nutrition education activities resource
523 p. and 2 brochures
Honolulu, HI: Nutrition Education and Training Program, State of Hawaii Dept. of Education, Office of Instructional Services, General Education Branch, c1994.
CALL NO: TX364.L43 1994
Summary: Designed to facilitate learning about the nutritional value of the school lunch menus through nutrition lessons. The goal of the daily lunch time lessons is to assist students in gaining nutrition knowledge, developing positive attitudes toward food and making wise food choices to achieve optimal nutrition. It also uses the school cafeteria as a learning laboratory.

Louisiana 5 a day for better health
Revised
57 leaves
Louisiana: Louisiana Dept. of Education, Bureau of Food and Nutrition Services, c1996.
CALL NO: RM237.7.L678 1996
Summary: Describes the benefits and versatility of fruits and vegetables. Contains hands-on activities and recipes.

Mid-LINC: middle level interdisciplinary curriculum Revised
Penn State Nutrition Center, College of Health and Human Development, the Pennsylvania State University
1 videocassette (VHS), 1 science video kit, 3 notebooks, and 1 meal ready-to-eat
University Park, PA: The Center, c1995.
CALL NO: Kit no. 310
Summary: Curriculum program developed to help 6-8th grade students make connections between nutrition and social studies, math, science, language arts, health, and home economics.

Munching through the months: an integrated nutrition curriculum
Leatha Lindsey, Tom Stinebaugh, Kathy Karlen, and Linda Flowers
Decatur, IL: Central Illinois NET Center, 1993.
1 volume (unpaged)
CALL NO: TX364.M84 1993
Summary: None given

Nifty nutrition with skill integration activities
7 videocassettes and 7 teacher's guides
Little Rock, AR: Arkansas Dept. of Education, 1995.
CALL NO: Kit no.229
Summary: A developmentally appropriate curriculum covering kindergarten through sixth grade with sequential nutrition and health concepts based on the U.S. Dietary Guidelines and Food Guide Pyramid. Basic language, math, social studies, science, art and health skills are integrated into the curriculum and coded to each lesson.

Now we're cooking
1 videocassette (VHS), 1 set instructional materials, and 3 evaluation sheets
Sacramento, CA: Dairy Council of California and California Dept. of Education, c1995.
CALL NO: Kit no. 252
Summary: This campaign and curriculum has its origins in an ongoing national coalition project, "Resetting the American table: creating a new alliance of taste and health." The goals of this project are to facilitate elementary school students in experiencing the positive social, psychological, and nutritional value of eating together with family and friends; it is to help children share responsibility for family meals by teaching them some basic food preparation skills that encourage healthful eating. This campaign packet includes materials to support classroom and cafeteria activities.

Nutrition and me
3 videocassettes, 10 transparencies, 1 wall chart, 2 books, 7 duplicating master sheets, and 1 classroom guide
Los Angeles, CA: Churchill Media, c1993.
CALL NO: Kit no. 217
Summary: A curriculum-based health package for students in grades 4-6. Focuses on three areas: categories of foods as organized in the Food Pyramid; digestion of food, with emphasis on the influence of food on growth; and the food industry. Structured to involve student participation.

Nutrition smart!: ready-to-use lessons and worksheets for the primary grades 2nd edition
Robin S. Bagby and Shirley A. Woika
266 p.
University Park, PA: Penn State Nutrition Center, c1995.
CALL NO: QP143.B34 1995
Summary: Contains ready-to-use lessons and activity sheets to help teach students in grades K-3 how to make healthy food choices. The 25 lessons comprise a complete primary curriculum in nutrition, covering how food provides energy for growth; why the body needs certain nutrients; what digestion is and how it works; how to follow the Food Guide Pyramid; how to follow the USDA's Dietary Guidelines; why fats, sweets, and sodium should be eaten in moderation; why it is important to eat a variety of foods; how to make good food choices throughout the day; how it can be fun to try new foods; how to choose snacks and convenience foods wisely; what advertising is and how it can be misleading; and how different cultures eat different foods.

A preschool nutrition education curriculum 2nd edition
Joan Canal Schoeffel, et al.
1 training manual and 1 videocassette
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1994.
CALL NO: Kit no. 275
Summary: Instructional resource for preschool educators. Its objective is to help three to five-year-old children develop sound attitudes and knowledge about food, nutrition, health, socially acceptable behavior, and their own growth and development. Emphasizes teaching concepts relating to food and nutrition through the use of developmentally appropriate activities. Materials adapted from Florida NET.

Protein: the body builder
Charlene G. Harkins
26 leaves
Owatonna, MN: Pineapple Appeal, c1996.
CALL NO: TX553.P7H37 1996
Summary: Examines the role of protein in the body and the food sources that provide this nutrient.

Pyramid pursuit: nutrition curriculum for grades K-3
National Food Service Management Institute and Anita F. Ellis for the Mississippi Department of Education, Health Related Services
1 volume (various foliations)
Jackson, MS: Mississippi Dept. of Education, Health Related Services, 1994.
CALL NO: TX364.E44 1994
Summary: This nutrition curriculum focuses on the Food Guide Pyramid. It is based on USDA's research on what foods Americans eat, what nutrients are in these foods, and what foods are needed for a healthy diet. Activities to teach the Food Guide Pyramid are divided into five concepts: variety, proportion, balance, fat, and choices.

Smart start: food, fitness and fun: nutrition education manual for 3-5 years olds
Bernice Kopel, Melissa Davis, and Theresa Wiederholt
1 volume
Stillwater, OK: College of Human Environmental Sciences, Nutritional Sciences Dept., Oklahoma State University, 1992.
CALL NO: TX364.K67 1992
Summary: The objective of this manual is to promote good nutrition and reduce obesity in children. Contains nutrition facts, activities, exercises, stories and rhymes, and recipes for snacks.

Snack smart
Carol Frazee
6 lesson plans, student module with activity worksheets, 23 posters, 1 recipe booklet, and 3 sheets game cards
Tallahassee, FL: Florida Dept. of Education, c1992.
CALL NO: Kit no. 262
Summary: This educational unit is designed for use with kindergarten through 8th grade. The educational modules and posters, along with recipes, encourage healthy eating habits.

SPIN cookbook Second edition
San Francisco, CA: Gladstone Institute of Cardiovascular Disease, c1994.
CALL NO: LB1587.N8G62 1994
Summary: Designed for 3rd and 4th graders and their parents, the SPIN cookbook accompanies the SPIN curriculum, Good Nutrition Practices for Heart Health, and has low fat and low cholesterol recipes for kids to eat.

Training for healthy eating: a curriculum guide for preschool teachers
Patricia McGrath Morris and Mary Hughes Hynes
58 p.
Washington, DC: Public Voice for Food and Health Policy, c1992.
CALL NO: TX364.M669 1992
Summary: Utilizes the thinking behind the 1992 Food Guide Pyramid by translating this into the concept of a train. Contains instructions for constructing a train, a sample letter to parents on the importance of involving children in food preparation, and curriculum activities.

Vegetarianism: the plant source
Charlene G. Harkins
19 leaves
Owatonna, MN: Pineapple Appeal, c1996.
CALL NO: TX992.H37 1996
Summary: Examines the meaning of vegetarianism.

Water: the nutrient priority
Charlene G. Harkins
20 leaves
Owatonna, MN: Pineapple Appeal, c1996.
CALL NO: TX553.W3H37 1996.
Summary: Examines the role of water in the body and the importance of adequate hydration.

The youth curriculum sourcebook: a guide for developing nutrition education programs for EFNEP/4-H youth ages 6-11
Gloria Green, Jane Voichick, and Ellen Henert
Prepared for the North Central Region by University of Wisconsin-Extension staff
1 volume
Madison, WI: Cooperative Extension, University of Wisconsin, Family Living Education, c1994.
CALL NO: TX364.Y685 1994
Summary: Activities designed for youth who participate in the Expanded Food and Nutrition Education/4-H programs.

21

Learning Activities

4-H food fundamentals: a food, nutrition and health project guide
Dept. of 4-H and other Youth Programs and Dept. of Home Economics, University of Florida Cooperative Extension, Institute of Food and Agricultural Sciences
1 set teaching materials
CALL NO: Kit no. 309
Summary: Designed to help 9-11 year olds understand the importance of food choices for good health. Focuses on general dietary guidelines, weight management and fitness, health risk reduction, and food science and safety.

5-A-Day fruit & vegetable
Laurie Manahan
8 volumes
Walla Walla WA: Yummy Designs, c1995.
CALL NO: jTX355.M36 1995
Summary: Humorous stories, games, and songs urge children to stay away from junk foods and eat fruits and vegetables for energy and good health. The coloring book contains pictures of various fruits and vegetables along with nutrition information on each item pictured.

365 foods kids love to eat: nutritious and kid-tested 2nd edition
Sheila Ellison & Judith Gray
1 volume
Naperville, IL: Sourcebooks, Inc. c1995.
CALL NO: TX714.E45 1995
Summary: Intended to be a practical, comprehensive, easy-to-follow cookbook designed with kids' palates and appetites in mind.

Adventures in learning with the Food Guide Pyramid
109 p.
Michigan: Association for Child Development, 1994.
CALL NO: TX364.A38 1994
Summary: This tool was designed to assist child care providers in promoting nutritious eating and healthy habits to the children in their care. Contains activities designed to develop healthy habits through activities relating to the Food Guide Pyramid.

The amazing California artichoke: 27 lessons and activities for elementary school-aged children
1 set instructional materials and 1 poster
Casterville, CA: California Artichoke Advisory Board, c1995.
CALL NO: Kit no. 258
Summary: Designed to teach children ages 6-11 about agriculture. Each age level's lessons/activities build up to a special event that can be the basis for an open house, parent night, or fund-raising activity.

The bake-a-cake book
Charlotte Ramel
1 volume
San Francisco, CA: Chronicle Books, 1994.
CALL NO: jTX771.R36 1994
Summary: Illustrates each step in the cake-baking process and includes a cake recipe.

Chuckle Berry climbs the food pyramid
Laurie Manahan
60 p., 1 puppet, and 1 duplicating master
Walla Walla, WA: Yummy Designs, c1993.
CALL NO: TX361.C5C48 1993
Summary: Designed to teach children the fundamentals of good nutrition. Contains a puppet show script, art projects, lessons, pyramid games, activities, stories, songs, etc.

Cook and create with young children
Jeane Dasso
122 p.
Decatur, IL: Central Illinois NET Center, 1993.
CALL NO: TX661.D37 1993
Summary: Provides teachers with weekly nutrition projects to help children in grades preK-1 recognize foods from the five food groups and allow them to create healthy snacks for themselves. Includes art activities, puppet patterns, and recipe picture cards.

Dining with the dinosaurs
14 p.
Springfield, IL: Illinois State Board of Education, Dept. of Child Nutrition, c1995.
CALL NO: jTX355.D56 1995
Summary: This is a coloring/activity book that features food dinosaurs to teach children about the Food Guide Pyramid.

Eat the five food group way!
1 wall chart, 30 identical charts, and 1 teacher's guide
Rosemont, IL: National Dairy Council, c1993.
CALL NO: LB1587.N8 E27 1993
Summary: Contains activities for elementary school children in the basics of nutrition and encourages them to eat healthy foods.

Eat to the beat
1 audioassette and sheet lyrics
St. Paul, MN: Nutrition Education and Training Program, c1995.
CALL NO: Audiocassette no. 395
Summary: Contains seven children's songs presenting the imprtance of nutrition, table manners, and exercise.

Eat to the beat: teacher's guide
6 leaves and 9 duplicating masters
American Heart Association; Kellogg's, c1994.
CALL NO: TX364.E272 1994
Summary: Upon completion of this program, children should be able to name the food groups that make up the Food Guide Pyramid; list the number of servings they should eat every day from each of the food groups; determine which foods and snacks are heart-healthy and low in fat; demonstrate an understanding of suggested serving sizes; and identify the new and old food label as a source of nutrition information. Written for teachers to integrate nutrition messages into other courses.

Five a day bingo: a fun nutrition game for all ages: a fresh approach to promoting good nutrition to everyone from preschoolers to seniors
Kathy Andersen, Linda Crisp, and Dayle Hayes
1 game includes 1 introduction, 1 set instructions, 1 set clue cards, and 1 set bingo cards
CALL NO: Game no. 36
Summary: To play the game, the name of a fruit or vegetable is called and players fill up five squares on the bingo card either down, across, or diagonally. The object of the game is to increase awareness of 5-A-Day, encourage players to eat more fruits and vegetables, and reward players for trying new produce items.

Food and me: an integrated approach to teaching nutrition: teacher's kit, pre-K and kindergarten
1 teacher's guide, 1 booklet of duplicating masters, 30 identical student magazines, 2 posters, 1 booklet of newsletters
Jefferson City, MO: Scholastic, c1995.
CALL NO: Kit no. 334
Summary: Contains activities designed to cover broad nutrition issues and help lay a foundation for learning about healthy food choices.

The Food Guide Pyramid: your personal guide to healthful eating
1 set instructional materials, 8 folders, 9 labels, and 1 vitamin/mineral guide
College Station, TX: Texas Agricultural Extension Service, Texas A&M University System, c1996.
CALL NO: Kit no. 366
Summary: This curriculum can be used to teach individuals and groups how to use the Food Guide Pyramid and the Dietary Guidelines to make daily food choices match their personal needs, food preferences, and lifestyle.

The food pyramid: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton
4 activity booklets, 2 pamphlets, 1 resource list, 2 information sheets, and 1 evaluation sheet
Columbus, OH: Ohio NET Program, c1993.
CALL NO: Kit no. 214
Summary: The learning activities in this packet are designed to encourage children to select foods they enjoy from five major food groups in the Food Guide Pyramid. It is used to provide the nutrition they need for good health, without too much fat, sugar or salt.

The food pyramid: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton with assistance from Hollis Border-Bass
4 activity booklets, 2 pamphlets, 1 resource list, 2 information sheets, and 1 evaluation sheet
Columbus, OH: Ohio NET Program, 1993.
CALL NO: Kit no. 214
Summary: The learning activities in this packet are designed to encourage children to select foods they enjoy from five major food groups in the Food Guide Pyramid. It is used to provide the nutrition they need for good health, without too much fat, sugar or salt.

Food pyramid lotto
Laurie Manahan
1 game includes 100 playing cards, 4 pyramid playing boards, 1 duplicating master, 1 instruction booklet, and 1 questionnaire
Walla Walla, WA: Yummy Designs, c1993.
CALL NO: Game no. 38
Summary: Object of the game is to completely cover the playing board with 16 appropriate cards representing one day's wise food choices in line with USDA's recommendations.

The foods I eat, the foods you eat
1 sound cassette, 2 wall charts, 1 poster, 3 books, and 1 teacher's guide
New York, New York: Many Hands Media, c1996.
CALL NO: Kit no. 355
Summary: A multicultural nutrition program designed to encourage young children to explore and appreciate the foods of many cultures while learning such concepts as colors, shapes, and textures.

Food skills for today's young consumer: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton
5 booklets, 1 wall chart, 1 pamphlet, and 1 information sheet
Columbus, OH: Ohio NET Program, c1993.
CALL NO: Kit no. 211
Summary: Promotes the development of skills for selecting, purchasing, and preparing foods according to recommendations of the Dietary Guidelines for Americans and the Food Guide Pyramid. Classroom activities are designed to increase children's awareness of techniques for making good food choices and to encourage them to consider environmental issues.

Food time: an integrated approach to teaching nutrition: teacher's kit, grades 1 & 2
1 videocassette, 1 teacher's guide, 30 identical student magazines, 2 booklets duplicating masters, 1 poster, 1 and booklet of newsletters
Jefferson City, MO: Scholastic, c1995.
CALL NO: Kit no. 335
Summary: Teaches students how to choose a variety of foods; add more grains, vegetables and fruit to the foods they already eat; and construct a diet lower in fat.

Food works: an integrated approach to teaching nutrition: teacher's kit, grades 3-5
1 videocassette, 1 teacher's guide, 2 books with duplicating masters, 30 identical student magazines, 1 poster, and 1 book of newsletters
Jefferson City, MO: Scholastic, Inc. in cooperation with USDA's Team Nutrition, c1995.
CALL NO: Kit no. 336
Summary: Teaches students how to choose a variety of foods; add more grains, vegetables and fruit to the foods they already eat; and construct a diet lower in fat.

Good enough to eat
Kelvin 5400, Inc.
1 videocassette (30 min.) (VHS) and a family guide
Huntington, NY: Kelvin 5400 Inc., c1994.
CALL NO: Videocassette 2099
Summary: Shows children the behind-the-scenes activities of a supermarket. Kids join Jessica and Nicholas in search of ingredients for homemade chicken soup.

Good nutrition is everybody's ball game
Lynnrae and Steven Francis
18 p.
Minnetonka, MN: Francis Family Publishing, c1992.
CALL NO: jTX361.C5F73 1992
Summary: Designed to help children recognize the importance of eating a variety of foods from each of the food groups.

Good nutrition travels far
Lynnrae Francis
14 p.
Minnetonka, MN: Francis Family Publishing, c1992.
CALL NO: jTX361.C5F733 1992
Summary: Designed to teach children about nutrition and cultural diversity. The star of the book, B. Smart, encourages children to eat a variety of foods, and reinforces an awareness and appreciation of different cultures and methods of food preparation.

Hands on cooking projects for children & parents
Marty Lash Cook, Rita K. Moore, and Alyce D. Fly
31 p.
Bloomington, IN: Bloomington Developmental Learning Center, 1993.
CALL NO: TX661.C66 1993
Summary: A collection of simple recipes for children and adults to make together. Recipes are organized by breads and grains, appetizers, main dishes, and snacks and beverages. Recipes include nutritional analysis. Suggestions for favorite books, songs, and activities accompany each recipe. Also included are tips for healthy eating and teaching children good table manners.

Hands on food: a nutrition education resource for primary schools
Shelley Woodrow and Sally Burt
1 body uniform, 1 sound cassette, 3 wall charts, 1 story book, 1 teacher's resource book, and 4 teaching/learning activity books
Pagewood, N.S.W.: Kellogg Pty. Ltd., c1993.
CALL NO: Kit no. 290
Summary: Designed to encourage children to develop positive attitudes toward food; understand and appreciate the diversity of food and culture; develop a wide range of food skills; experience the food links between child, school and wider community; and make informed food and health decisions appropriate to their level of development.

Healthy choices, balanced meals: nutrition education program
1 box of study prints, 2 posters, 1 student booklet, 4 sheets, 1 sheet, 1 table of cutouts, 1 sheet, 1 sheet of stickers, and 8 pictures of place mat settings
Sacramento, CA: Dairy Council of California, 1994.
CALL NO: Kit no. 274
Summary: Uses pictures of individual foods, meal plates, and place settings to help children identify which foods belong to a particular group. Teaches children the components of a balanced meal. Focuses on the food groups. Includes classroom exercises, as well as a pre-tests and post-tests.

Healthy snacks: low fat, low sugar, low sodium
Susan Hedges
47 p.
Everest, WA: Warren Publishing House, c1994.
CALL NO: TX740.H59 1994
Summary: Contains more than 90 recipes designed to be healthy alternatives to the junk-food snacks often served to children. The amount of calories, protein, fat, carbohydrates, and sodium per serving is included with each recipe.

The healthy start kids' cookbook: fun and healthful recipes that kids can make themselves
Sandra K. Nissenberg, editor
188 p.
Minneapolis, MN: Chronimed Publishing, c1994.
CALL NO: jTX714.H43 1994
Summary: Contains 90 kid-tested recipes that have been approved by parents and nutritionists. With help from an adult, children can create delicious, easy, and imaginative concoctions that are good for them. Each recipe includes step-by-step instructions, preparation and cooking times, utensil listings, and complete nutrition information.

Hey, hey, eat five a day for kids: a fun, nutrition education program promoting fruits and vegetables
JoAnne Treuhaft
1 set teaching materials
Toledo, OH: Toledo, Dept. of Health & Environment, c1995.
CALL NO: Kit no. 343
Summary: The objectives of this program are to promote fruits and vegetables in the diet; increase children's awareness of the nutrititional value of fruits and vegetables; provide children with information about the importance of eating fruits and vegetables to maintain a healthy body; and provide interactive activities.

How much fat?
Sharon E. Buhr
30 test tubes with wax, 3 stands, and 3 guides
Valley City, ND: Young People's Healthy Heart Program, Mercy Hospital, c1996.
CALL NO: Model no. 24
Summary: This is an educational set that provides 30 test tubes containing wax which represent the amount of fat found in various foods. Discusses the relationship between fat consumption, heart disease and cancer.

How much salt?
Sharon E. Buhr
10 test tubes with salt and 1 guide
Valley City, ND: Young People's Healthy Heart Program, Mercy Hospital, c1996.
CALL NO: Model no. 25
Summary: This is an educational set that shows the amount of salt found in various foods. Discusses the relationship between salt consumption and high blood pressure.

The Kid's Club Cubs and the search for the treasures of the pyramid
Barbara J. Mayfield
34 p., 1 puzzle, and 1 sound cassette
Delphi, IN: Noteworthy Creations, c1994.
CALL NO: PZ7.M4673 1994
Summary: Teaches children to identify the shape of the Food Guide Pyramid and distinguish a three-dimensional pyramid from a triangle and other shapes. Children learn about the five healthy food groups and their positions in the pyramid as they build their own puzzles. The size of each puzzle piece helps children also learn about the abundant variety of healthy foods in each group and how to utilize food identification skills.

Kids cooking week: February 7-11, 1994
1 volume
Sacramento, CA: California Department of Education, Child Nutrition and Food Distribution, c1994.
CALL NO: Kit no. 210
Summary: "Kids Cooking Week" was a campaign to promote tasty, healthful food served in a family environment to elementary students in California. Its goals were to help students experience the positive social, psychological, and nutritional value of eating together with family and friends, and to help them share in the responsibility for family meals. Packet includes materials to support classroom and cafeteria activities.

Let's party: party ideas for school and home 2nd edition
114 p.
West Virginia: Dept. of Education, Office of Child Nutrition, c1993.
CALL NO: TX714.L48 1993
Summary: This book was developed to help children develop sound eating habits and positive attitudes toward food. Provides suggestions, ideas, and recipes that are consistent in promoting nutrition integrity in the schools.

Multicultural snacks
Susan Hedges
47 p.
Everest, WA: Warren Publishing House, c1995.
CALL NO: jTX725.A1H64 1995
Summary: Contains traditional recipes from a variety of cultures featuring ingredients familiar to young children.

Nutrition for enhancing children's health (K-6)
Produced in cooperation with Montana State University Outreach and Extension Service and KUSM-TV; producer, Karen Johnson; director, Mike Keating
2 videocassettes (120 min.) (VHS) and 2 resource lists
Bozeman, MT: KUSM-TV, c1993.
CALL NO: Videocassette no. 1688
Summary: Covers the Dietary Guidelines and the Food Guide Pyramid and their applications to service involvement; and programs, resources and successful nutrition education methods. Also discusses the importance of variety in children's diets and methods to promote variety with children. Geared toward teachers, parents, and school food service personnel.

Nutrition in the cafeteria
1 volume (unpaged)
Denver, CO: Colorado Dept. of Education, 1993.
CALL NO: TX364.N888 1993
Summary: Contains materials that can be used to teach children the importance of eating breakfast, as well as general nutrition information and sample school lunch menus.

Nutro
50 cards, 75 plastic balls, 2 sets labels, 1 ball holder, 1 master list, 1 package playing chips, 3 teaching guides, and 1 instruction sheet
S.L.: HomeCall, c1994.
CALL NO: Game no. 34
Summary: Using the Food Guide Pyramid, this game will help adults and children learn how food choices impact health.

Our man-Spud Man puppet package
Jennifer and Jim Smith, Gayle Lopes, and Patricia Stein
3 hand puppets and script
NCES, Inc., c1994.
CALL NO: Kit no. 233
Summary: A hand-puppet play emphasizing healthy eating habits and fitness.

Pyramid builders: nutrition activities for grades K-6
National Food Service Management Institute and Anita F. Ellis for the Kansas State Board of Education, Nutrition Services
1 volume
Topeka, KS: Kansas State Board of Education, Nutrition Services, c1993.
CALL NO: TX364.E445 1993
Summary: Contains nutrition activities based on the Food Guide Pyramid.

Pyramid domino game
Sharon E. Buhr and Andrea D. Winter
38 paper dominoes and 1 set directions
Valley City, ND: Young People's Healthy Heart Program, c1995.
CALL NO: Game no. 43
Summary: The game begins when the teacher picks a food group and announces it to the class. Students connect the dominos by matching foods pictured on the dominos until the last food selected is put into place. The game is played unitl all food groups have been used.

School idea and resource kit: eat five servings of fruits and vegetables every day
1 volume, sound cassette, 1 poster, 4 wall charts, 6 identical brochures, roll stickers, handouts, and a card
Sacramento, CA: California Dept. of Education, c1994.
CALL NO: TX364.S38 1994
Summary: The activities in this kit are designed to raise awareness and encourage children to eat five servings of fruits and vegetables every day for good health. The kit is organized into six components involving activities in the classroom, home, cafeteria, school, and community.

The science chef: 100 fun food experiments and recipes for kids
Joan D'Amico and Karen Eich Drummon
180 p.
New York: J. Wiley, c1995.
CALL NO: jTX355.D3 1995
Summary: Children use the science of chemistry to heat and mix ingredients to make something new; they learn about biology when they investigate fruits, seeds, grains, herbs, spices, and other products from nature; and they learn about the science of nutrition from discussions of how the substances in foods affect their bodies. Also covers the basics about kitchen tools, cooking skills, and safety rules.

The shape of good nutrition
Lynnrae and Steven Francis
18 p. and 1 sound cassette
Bloomington, MN: Providers Press, c1993.
CALL NO: jTX361 C5F732 1993
Summary: Designed to help children make wise food choices by becoming familiar with the USDA Food Guide Pyramid.

Shaping up my choices: teacher guide
1 teacher guide, 2 wall charts, 2 sets food pictures, 1 student booklet, 1 food and activity booklet, 2 family guides, and 1 cutout
Fresno, CA: Dairy Council of California, c1993.
CALL NO: Kit no. 240
Summary: Provides upper elementary school teachers with instructional materials and procedures to help students make healthy food and activity choices on a daily basis.

Show the way to 5-A-Day: a nutrition resource guide for Vermont elementary school teachers
The Vermont Department of Health; Julie Royer Wick, Jean Ewing, and Melanie Putz
40 p., 1 wall chart, 2 sheets, stickers, and 1 duplicating master
Burlington, VT: The Department, c1993.
CALL NO: TX364.W535 1993
Summary: Describes a program initiated by the Vermont Department of Health; it was effective in increasing the knowledge of Vermont school children about eating five servings of fruits or vegetables a day. Users will learn how to connect with local grocers to obtain free fruits and vegetables, find lesson plans that work, understand the nutritional basis of 5-A-Day, and discover books, resources and other teachers to network with to help their schools bring the 5-A-Day message to their communities.

Snacks for little chefs: seasonal snack activities for preschoolers
Robin Holz Searles
1 flip chart (38 sheets)
Des Moines, IA: Nutrition Education and Training Program, Bureau of Food and Nutrition, Iowa Department of Education, c1993.
CALL NO: Graphic no. 303
Summary: The food activities in this collection are intended to increase preschoolers' food preparation confidence; allow each child to make and eat his own food creation; increase children's exposure to a variety of nutritious foods; provide fun, seasonal food experiences; and encourage children to try new foods.

Sports & foods & fitness, too game: a fun and creative way to learn and review nutrition and fitness fundamentals
1 game includes game board, 1 die, 4 playing pieces, 5 sets of cards, Food Guide Pyramid magnet, food labeling sheet, 1 set of rules, and 1 set of study questions
Owatonna, MN: Pineapple Appeal, c1994.
CALL NO: Game no. 35
Summary: The object of the game is to reach the "finish" line while learning about a certain subject and/or about one another.

The super 7
9 posters and 1 set of sample activities
Harrisburg, PA: Child Nutrition Programs, Pennsylvania Dept. of Education, c1993.
CALL NO: Graphic no. 291
Summary: Designed to reinforce nutrition education provided in the classroom.

Super smart snacks: fun recipes for children to help promote a balanced diet and healthy teeth
Revised 4/93
Washington State Dept. of Health and Nutrition and Dental Health Consortium
1 portfolio
Olympia, WA: The Department, 1993.
CALL NO: TX740 S86 1993
Summary: Provides recipes for children's snacks designed to break away from the traditional special occasion fare of sweet, sticky foods. Recipes are offered both in quantity size (12-16 servings) and in family size or individual size (1-4 servings). All recipes are named by season or by common holidays that celebrated in the United States, such as birthdays, Valentine's Day, St. Patrick's Day, December holidays, etc.

Teaching snacks: teaching basic concepts & skills through cooking
Gayle Bittinger
47 p.
Everest, WA: Warren Publishing House, c1994.
CALL NO: LB1140.35.C74B586 1994
Summary: Contains recipes for a variety of snacktime foods suitable for young children and suggests how these foods may be used to create learning opportunities.

Vegetable magic: a preschool and kindergarten nutrition education source book
Michele Palmer
40 p.
Storrs, CT: Connecticut Nutrition Education and Training Program, Department of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, c1993.
CALL NO: TX401.P25 1993
Summary: Suggests ways to help children develop the habit of eating vegetables every day. Included are instructions for growing vegetables; names of places to visit that grow, sell and prepare vegetables; vegetable games that stimulate imagination and learning; easy ways to prepare and enjoy vegetables; and stories to read that highlight vegetables. Nutrition tips, safety tips, and nursery rhymes supplement the activity ideas.

Washington Apple Commission activity kit and cookbook
1 set instructional materials
Wenatchee, WA: Washington Apple Commission, 1994.
CALL NO: Kit no. 247
Summary: Contains materials relating to the Healthy Choices for Kids nutrition education program, a program that is provided free by the growers of Washington apples to teachers nationwide. The program integrates the 1990 Dietary Guidelines for Americans and is written by nutrition, fitness and curriculum experts.

Weight maintenance for the school-aged child: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton with assistance from Hollis Border-Bass
1 set reading materials, 1 pamphlet, 1 resource list, and 1 information sheet
Columbus, OH: Ohio NET Program, 1993.
CALL NO: Kit no. 212
Summary: Addresses the need to help children maintain a healthy weight by choosing a nutritious diet with adequate calories and by participating in physical activities they enjoy.

Yummy fruit & vegetable game
Laurie Manahan
1 game includes 10 colored menu boards, 80 colored cards, 1 card grid, 1 menu board master, 10 black and white menus, 1 lesson book, and 1 instruction booklet
Walla Walla, WA: Yummy Designs, c1995.
CALL NO: Game no. 39
Summary: Players cover boxes on their game boards to correspond with the name of a fruit or vegetable as it is called out by the teacher. The game is played until one player has all five fruit and vegetable boxes covered, or the game may be continued until all players have covered all five fruit and vegetable boxes on their boards. The objective of the game is for children to learn to recognize a wide variety of fruits and vegetables; the importance of eating at least five servings of fruits and vegetables every day; ways to add fruits and vegetables to a day;s menu; ways to cook and/or serve fruits and vegetables; how fruits and vegetables grow; and how they are processed.

Audiovisuals

American foods of the South set
Life/form replicas; 10 plastic models
Contents: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.
Ft. Atkinson, WI: NASCO., 198?
CALL NO: Model no. 6
Summary: This package of food models contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. These models are useful for teaching a unit on ethnic foods.

Barely Bear learns about good nutrition
2 videocassettes, 1 storybook, 1 poster, and 1 instructor's guide
University, MS: National Food Service Management Institute, University of Mississippi, c1993.
CALL NO: Kit no. 193
Summary: An education packet designed to teach basic nutrition lessons to preschool through third grade children.

Be a food groupie -- and care about healthy eating!
3 videocassettes, 1 sound cassette, 5 plush representations of food characters, 1 hanging mobile, 1 mobile assembly instructions, 1 storybook, 1 poster, 30 identical sticker cards, 60 parent letters, and 1 teacher's guide
Mt. Prospect, IL: Food Groupie, Inc., c1991-1992.
CALL NO: Kit no. 141
Summary: Centers around 5 characters: Orange, Broccoli, Bread, Milk, and Peanut Food Groupie. Each character represents one of 5 food groups as established by USDA. The characters explain where the foods they represent come from and how each food group help children stay healthy. Children are advised to eat a variety of foods from all the food groups.

Beans, peas & broccoli trees: implementing the Dietary Guidelines in child care programs
Production West; presented by Montana Child Nutrition Program Child & Adult Care Food Program (CACFP), Family/Maternal & Child Health Bureau, Dept. of Health & Environmental Sciences.
1 videocassette (50 min.) (VHS), 1 leader's guide, 1 set of participant handouts, 1 booklet, and 1 poster
Billings, MT: Production West, c1993.
CALL NO: Videocassette no. 1602
Summary: This video program deals with the nutritional needs of healthy children 2-12. It introduces the USDA Dietary Guidelines, discusses the benefits of those guidelines, and provides quick, easy tips on food purchasing and preparation for use in child care programs.

Blubber busters: calories you can feel
Contents: Candy bar, section of chocolate bar, lollipop, brownie, 2 cookies, snack cake, apple pie, iced donut, ice cream cone, bon-bon, chocolate kiss, 4 chocolates, and biolike artificial fat in case.
Waco, TX: Health Edco, Inc., 1989.
CALL NO: Model no. 11
Summary: These "food for thought" snacks are made from bio-like artificial fat, and are sized so that 1 oz. of fat represents 220 calories of real food. Eating 3500 more calories than are used up by normal metabolism and exercise will produce approximately 1 lb. of new body fat. As an example, 1 extra 200 calorie candy bar every day equals 21 lbs. of fat gain per year. Feel before you eat. Intended to motivate clients to change their eating habits.

Bocadillos para los ninos
Nancy Battista
1 videocassette (12 min.) (VHS)
Evanston, IL: Altschul Group Corporation, c1994.
CALL NO: Videocassette no. 2075
Summary: Demonstrates that snacking can be an opportunity to give children important nutrients, rather than junk food. Stresses the importance of being prepared, sticking to a schedule when possible, and having children help in snack preparation.

Breadtime tales
Brinna Sands
1 videocassette (30 min.) (VHS) and 1 activity guide
Huntington, NY: Kelvin 5400 Inc., c1994.
CALL NO: Videocassette no. 2098
Summary: Children learn how to bake bread, how bread rises, how wheat is harvested, how flour is milled, and how bread is made professionally.

Breakfast party
1 videocassette (1 min., 20 sec.) (VHS)
Austin?: Texas Dept. of Human Services, NET Program, 1992.
CALL NO: Videocassette no. 1716
Summary: Contains three brief public service announcements promoting how much fun it is for students to participate in a school breakfast program. Two ads are 30 seconds; one 20 seconds.

Children's nutrition kit
20 life form food replicas
Fort Atkinson, WI: NASCO, c1992.
CALL NO: Model no. 18
Summary: For use with children in nutrition education. Food portions are sized for children.

Children's nutrition kit II
21 life form food replicas
Fort Atkinson, WI: NASCO, c1992.
CALL NO: Model no. 19
Summary: For use with children in nutrition education. Food portions are sized for children.

Chuckles y los antojitos grandes (Chuck and the Super Snack)
Texas WIC Program, Nutrition Education, Outreach & Training Division
1 videocassette (7 min.)(VHS)
Austin, TX: Texas Dept. of Health, WIC Program, c1992.
CALL NO: Videocassette no. 1472
Summary: Chuckles, the clown, learns about healthy snack foods that give energy and promote growth.

Come see about nutrition and exercise
Jeanne M. Scott
1 videocassette (29 min.)(VHS) + 1 teacher's guide
Half Moon Bay, CA: Visual Mentor, c 1996.
CALL NO: Videocassette no. 2517
Summary: Dr. Scott and her patient, pre-teen Julia, are accidentally shrunk and swallowed by Dr. Pancreas. While trying to escape, they learn about the Food Guide Pyramid the six nutrients, calories, how to read labels, metabolism and the importance of exercise in health.

Comparison cards 5th edition
108 charts and 1 leader's guide
Rosemont, IL: National Dairy Council, c1994.
CALL NO: Graphic no. 312
Summary: Bar graphs indicate the nutrient values of many commonly eaten foods. Back of each card indicates daily value of each food on fat content.

Cranberry bounce
Susan DeBeck with the assistance of the Plimoth Plantation, Plymouth National Wax Museum, Cape Cod Cranberry Growers Association
1 videocassette (30 min.)(VHS), instructional guide and 4 identical postcards
Bellingham, WA: DeBeck Educational Video, c1991.
CALL NO: Videocassette no. 2112
Summary: This video is an adventure with children into the world of cranberries. Explores every aspect including history, biology, sociology, geography and cooking.

Dudley and Dee Dee in nutrition land
Startoons and the American Dental Association
1 videocassette (6 min.) (VHS)
Chicago, IL: The Association, c1994.
CALL NO: Videocassette no. 2288
Summary: Cartoon characters Dudley, Dee Dee, and friend got to nutrition land and discover how eating foods from the five food groups will keep your teeth healthy and your body strong.

Eating the pyramid way with Harv & Marv 3rd edition
1 videocassette (14 min., 31 sec.) (VHS) and 1 study guide
North Hollywood, CA: Alfred Higgins Productions, c1994.
CALL NO: Videocassette no. 2054
Summary: Using humor and special effects, a narrator looks in on a group of children having a picnic at a park. He explains how the Food Group Pyramid can be used to help maintain a healthy diet. By eating more of those foods at the bottom of the Pyramid and fewer of those as you go up the Pyramid, the narrator shows a variety of foods to eat to grow strong and healthy.

The edible pyramid: good eating every day
Loreen Leedy
1 volume
New York: Holiday House, 1994.
CALL NO: jRA784.L399 1994
Summary: Uses the USDA Food Guide Pyramid to show healthy ways to eat. Children see examples of a wide variety of foods from each of the different food groups and learn how many servings from each group to have every day.

Food label spots
1 videocassette (2min.)(VHS)
Washington, DC: Kidsnet/FDA, c1995.
CALL NO: Videocassette no. 2115
Summary: Consists of 30, 20, and 10-second versions of two advertising spots. In the first spot, Curious George checks out the label on food before he eats it; in the second, Curious George checks out the labels before buying food at the grocery store.

Food models
45 activity cards and 1 leader guide
Rosemont, IL: National Dairy Council, c1994.
CALL NO: Graphic no.319
Summary: The cards contain life-size color photographs of 185 commonly eaten foods. The front of each card pictures foods in their recommended serving size; the back of each card contains information similar to that found on food labels. The photographs may be punched out of each card.

Food replica package no. 1
Life/form replicas; 36 plastic models
Contents: Meat: seafood, poultry, pork chop, hamburger, haddock, fried egg, hard-cooked egg, chicken leg, chicken thigh, chicken breast. Vegetables: broccoli, carrot sticks, frozen peas, baked potato, sweet potato, tomato juice, salad. Grains: bread, hamburger bun, cornflakes, rice. Fruit: half banana, half grapefruit, orange juice, orange, canned peaches, whole peaches, raisins, strawberries. Desserts: angel food cake, jello, chocolate pudding. Dairy products: butter, cottage cheese, swiss cheese, skim milk. Miscellaneous: dressing, peanut butter.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 3
Summary: This package of food models includes a wide variety of food items.

Food replica package no. 2
Life/form replicas; 30 plastic models
Contents: Meat, seafood, poultry: bacon strips (2), ham, beef patty, liver, bologna, wiener, tuna, steak. Sandwiches, soup, casseroles: chili, bread and peanut butter, vegetable soup, spaghetti. Vegetables: asparagus, baked beans, green beans, beets, mashed potatoes, whole kernel corn, tomato juice. Grains: graham crackers, soda crackers, cream of wheat. Desserts: sheet cake with icing, sheet cake without icing, apple pie, ice cream. Dairy products: cheddar cheese, American cheese. Miscellaneous: ripe olives.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 4
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

Food replica package no. 3
Life/form replicas; 26 plastic models
Contents: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp . Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, coleslaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 5
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

Food skills for today's young consumer: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton with assistance from Hollis Border-Bass
5 booklets, 1 wall chart, 1 pamphlet, and 1 information sheet
Columbus , OH: Ohio NET Program, 1993.
CALL NO: Kit no. 211
Summary: Promotes the development of skills for selecting, purchasing, and preparing foods according to recommendations of the Dietary Guidelines for Americans and the Food Guide Pyramid. Classroom activities are designed to increase children's awareness of techniques for making good food choices and to encourage them to consider environmental issues.

High fiber food package
Life/form replicas; 28 plastic models
Contents: Prunes, strawberries, orange, apple, coleslaw, carrot sticks, whole tomato, broccoli, oatmeal, brown rice, bran muffin, popcorn, chili with beans, kidney beans, canned peach halves, orange juice, applesauce, cooked carrots, tomato juice, cornflakes, white rice, and hard roll.
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 9
Summary: This food model package focuses on increasing fiber in the diet. Both high fiber and low fiber food replicas are provided for demonstrating how changing food selections can increase fiber content of the diet. A Typical American eats 10 to 12 grams of fiber a day compared to the recommended daily intake of 25 to 35 grams.

Hip to be fit - a production of California Raisins
1 videocassette (18 min.) (VHS)
CA: Wright Group, Inc., c1993
CALL NO: Videocassette no. 1765
Summary: Through music and fast-paced action, Kristi and her friends, the California Raisins, show kids that a healthy, well-balanced diet and plenty of exercise can help make them champions in the classroom and on the playground.

Lunch Louisiana style
Louisiana Public Broadcasting
1 videocassette (26 min., 13 sec.) (VHS), 1 teacher's guide, and 1 recipe booklet
Baton Rouge, LA: Louisiana Department of Education, c1993.
CALL NO: Videocassette no. 1568
Summary: Discusses the various nationalities found in Louisiana, their origins, and the foods they contributed to Louisiana's cuisine. Chef Folse prepares a lunch consisting of ingredients brought by young guests, each of whom represents a different culture (e.g. French, Cajun, Spanish, African, etc.).

Mexican-American ethnic food set
Life/form replicas; 12 plastic models and 1 booklet
Contents: Hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, and crisp taco
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 7
Summary:. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. Useful for teaching a unit on ethnic foods.

Multicultural snacks
Susan Hedges
47 p.
CALL NO: jTX725.A1H64 1995
Summary: Contains traditional recipes from a variety of cultures featuring ingredients familiar to young children.

Nutrition & diet
InVision Communications, Inc. in cooperation with Temple University, School of Medicine
1 videocassette (30 min.) (VHS) and 1 teacher's guide
Bala Cynwyd, PA: Schlessinger Video Productions, c1994.
CALL NO: Videocassette no. 2287
Summary: In this video, a registered dietitian and nutritionist work with teens to explain the principles of good nutrition and to demonstrate good eating habits, from reading product labels to selecting menu items and preparing food at home.

Nutritiontracker
1 magnetized pyramid, 28 food group icons
Chantilly, VA: MAGNAtracker, c1996.
CALL NO: Game no. 42
Summary: A nutrition teaching system designed to raise nutrition awareness and influence long-term healthy eating habits.

Picky Pedro's adventures in eating: a nutrition education program for school foodservice
2 sound cassettes, 1 wall chart, 1 booklet, 2 fliers, and 1 duplicating master
Wenatchee, WA: Washington Apple Commission, c1994.
CALL NO: Kit no. 306
Summary: Contains materials to be used in the cafeteria or classroom intended to increase students' awareness of the benefits of eating right.

Ralphie's class presents: a healthy heart
1 videocassette (13 min., 22 sec.) (VHS), teacher's guide, and 4 duplicating masters
Niles, IL: United Learning, c1993.
CALL NO: Videocassette no. 1849
Summary: Through the use of puppets, this program teaches children the concept of what a heart is, what it means to us, and how to take care of one's blood pressure, watching one's weight, and controlling stress. It is intended for grades 2-4.

Ralphie's class presents: keep your balance
1 videocassette (19 min., 14 sec.) (VHS), 1 teacher's guide, and 6 duplicating masters
Niles, IL: United Learning, c1993.
CALL NO: Videocassette no. 1763
Summary: Focuses on proper eating habits and the role that food plays as fuel for the human body. Discusses diets, fast food, fats, and processed foods in the balance process.

Red Riding Hood and the well-fed wolf Revised
Jamie Simons, Nomi Roth Elbert, Dan Jackson, and Joel Fletcher
1 videocassette (16 min.) (VHS)
Los Angeles, CA: Churchill Media, c1993.
CALL NO: Videocassette no. 2136
Summary: The traditional Little Red Riding Hood story with a delicious twist! Here's the ugly wolf, all dressed up in Grandma's clothes and looking forward to a dinner of succulent Red Riding Hood. But Red, and her walking, talking foods have a different idea of what constitutes a good meal. Red Riding Hood outlines the food groups in the USDA Food Guide Pyramid.

Smart snacking for children
Nancy Battista
1 videocassette (12 min.) (VHS)
Evanston, IL: Altschul Group Corporation, c1994.
CALL NO: Videocassette no. 2074
Summary: Demonstrates that snacking can be an opportunity to give children important nutrients, rather than junk food. Stresses the importance of being prepared, sticking to a schedule when possible and having children help in snack preparation.

TerminEater
Maricopa County Health Services and Project Lean
1 videocassette (16 min.) (VHS) and 1 instructor's guide
Scottsdale, AZ: Dream Street Films, c1993.
CALL NO: Videocassette no. 1583
Summary: The TerminEater, a cyborg sent back from the future, teaches 11-year-old John Connor five simple ways to reduce fat in his diet without giving up his favorite foods, friends, or flavor.

Things that make you go mmmmm
Center for Instructional Development and Services, Florida State University; Randy McRae
1 videocassette (7min.) (VHS), sheet of instructions, and a questionnaire
Tallahassee, FL: Florida NET, c1992.
CALL NO: Videocassette no. 1434
Summary: Discusses the advantages of offer vs. serve with regard to school meal programs. Some of these advantages are that choice means less waste; self-service is faster; and when nutrition principles are applied to food choices, children can learn healthy eating habits which they can use throughout their lives.

The tubes: fast foods
Dixie Havlak
36 glass tubes containing plastic representations of fat and 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
CALL NO: Model no. 21
Summary: A visual representation of the fat content in 36 food items, including several served in popular fast food chain restaurants. Examples include a Whopper with cheese, a Kentucky Fried chicken breast, and a Wendy's baked potato, as well as Doritos chips, french fries, cheddar cheese, ice cream, etc.

The tubes: sugar foods
Dixie Havlak
22 glass tubes containing sugar and 1 stand
Olympia, WA: Lifetime Nutrition, c1990.
CALL NO: Realia no. 5
Summary: A visual representation of the sugar content in 22 food items, including several brand name foods. Examples include Skippy peanut butter, Fruit & Fiber cereal, Pepsi Cola, Fruit Loops cereal, and Jello, as well as canned peaches, a candy bar, ketchup, graham crackers, syrup, sweetened iced tea, etc.

Vegetarian diet supplement food package
Life/form replicas; 11 plastic models
Contents: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 12
Summary: This package of food models is intended to supplement the vegetarian food package.

Vegetarian food package
Life/form replicas; 34 plastic models
Contents: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 10
Summary: This package of vegetarian food models illustrates how to eat a healthy lacto-ovo (dairy and eggs) vegetarian diet and a vegan (all vegetable) diet. Sufficient food replicas are provided to show a sample meal plan for each type of vegetarian diet. This package will help meat-eating Americans understand how three-quarters of the world eats a vegetarian diet.

The vegimals
7 cloth models
Bristol, VT: Freemountain Toys
CALL NO: Model no. 23
Summary: Food models provide pre-school to third-grade children with opportunity to become familiar with a variety of foods through colorful cloth, over-sized, stuffed, friendly replicas of different edibles with removable peels, husks, or shells. Foods include a tomato, broccoli, banana, egg, orange, carrot, and peas.

What's on your plate
1 videocassette (3 min., 30 sec.) (VHS)
Oak Brook, IL: McDonald's: Chicago, IL: Mediatech, c199?.
CALL NO: Videocassette no. 2268
Summary: Features claymation figure Willie Munchright presenting nutrition education to children.

When I grow up
1 videocassette (7 min., 20 sec.) (VHS), 1 poster, and 1 teacher's manual
Marshall, MN: Tony's. c1994.
CALL NO: Videocassette no. 2023
Summary: Animated program begins by briefly teaching children what they need to do to "grow up and be what you want to be," and then focuses on nutrition by studying the Food Guide Pyramid. Included intermissions for classroom discussion. Teacher's manual includes duplication masters for classroom exercises.

Resources for Adults

The ABC's of children nutrition
Carolyn O'Neil
1 videocassette (23 min.) (VHS) and 1 guide
Atlanta, GA: Turner Multimedia, c1992.
CALL NO: Videocassette no. 1340
Summary: Examines the child's behavior and development of physically fit children. Looks at quick and easy ways to ensure a balanced diet for children during their growing years.

The A,B,C's of nutrition for the young child
1 volume
Charleston, WV: Dept. of Education, 1994.
CALL NO: TX361 C5A23 1994
Summary: This program is designed to provide nutrition education for child care professionals. The lessons include information about the needs of the young child and current dietary recommendations.

EFNEP
1 volume (various pagings)
Ames, IA: Iowa State University, University Extension; Manhattan, Kansas: Kansas State University, Cooperative Extension Service, 1993.
CALL NO: TX353.E15 1993
Summary: A curriculum on the basics of good nutrition. Discusses the Food Guide Pyramid and the importance of the various food groups contained within the pyramid, limiting high cholesterol and fatty foods, proper feeding of infants and children, food safety, shopping for food, cooking, and managing financial resources. Includes recipes. Designed for teaching low-income individuals.

FOOD special report: eating right, making choices
1 videocassette (5 min., 55 sec.) (VHS)
Television Services, Portland Public Schools and the Oregon Dept. of Education, 1994.
CALL NO: Videocassette no. 2284
Summary: Shows how various schools offer food choices to students. Discusses benefits of offering choices: more kids eat, lines move faster, schools save money, and help the environment.

USDA's great nutrition adventure
Celia Straus
Washington, DC: Office of Communications, Video, Teleconference & Radio Center, 1995.
1 videocassette (13 min., 22 sec.) (VHS)
CALL NO: Videocassette no. 2189
Summary: Project involves the forming of a partnership between chefs in America's finest restaurants with those in the food service community. The goal of this partnership is to assist food service staff in the preparation of nutritious, tasty food and to excite and motivate children to make healthy food choices.

Adventures in learning with the Food Guide Pyramid
109 leaves
Michigan: Association for Child Development, 1994.
CALL NO: TX364.A38 1994
Summary: This tool was designed to assist child care providers in promoting nutritious eating and healthy habits to the children in their care. Contains activities designed to develop healthy habits among children, as well as information and activities relating to each level of the Food Guide Pyramid.

Allergy free eating: key to the future
Liz Reno and Joanna Devrais
Berkeley, CA: Celestial Arts, c1995.
CALL NO: RC596.R46 1995
Summary: The purpose of this book is to provide complete and clear allergen free information without extremes or gimmicks. Discusses the nature of change; allergies and addictions; immune disorders; eating disorders and alcoholism and drugs; the five-day rotation diet; what is meant by a healthy diet and how to achieve it; how to shop; sweeteners; thickeners, dairy, and oils; eating out, bag lunches, and snacks; etc. Provides information and recipes.

Basic child nutrition II; staff development course
Robin Barnum
1 volume
Little Rock, AR: Dept. of Education, Child Nutrition Program, 1993.
CALL NO: TX361.C5B37 1993
Summary: This course is designed to provide the professional food service assistant witht he knowledge and skills needed to confront the challenges of a quality food service program.

Be a winner: shape your future with breakfast
3 posters, 22 sheets of duplicating masters, and 2 identical fliers
Arkansas: Dept. of Education, c1992.
CALL NO: Kit no. 279
Summary: A merchandising/promotions kit containing items to be used to promote breakfast as a key to success in school work and health.

Beyond food labels: eating healthy with the % daily values
Roberta Schwartz Wennik
398 p.
New York: Berkley Pub. Group, 1996.
CALL NO: TX551.W38 1996
Summary: Contains guidelines for using the new food labels.

Breakfast makes it happen
1 videocassette (13 min., 20 sec.) (VHS), 1 leader's guide, 3 charts, and 1 pamphlet
Rosemont, IL: National Dairy Council, c1995.
CALL NO: Videocassette no. 2111
Summary: Discusses how a school breakfast can benefit children who participate, their parents and the community.

Building for the future: U.S.D.A. nutrition guidance for the child nutrition programs: a workshop model for school food service personnel
28 leaves
West Virginia: West Virginia Dept. of Education, Office of Child Nutrition, Nutrition Education and Training Program, c1993.
CALL NO: LB3479.U5B85 1993
Summary: Introduces guidelines for nutrition programs serving children in a variety of settings. It can enable personnel to evaluate current nutrient quality of foods offered to children and to implement changes that reflect new standards for a healthy diet. Discusses the importance of offering foods low in fat: serving plenty of vegetables, fruits, and grain products; offering and using sugars, salt and sodium only in moderation; and promoting an alcohol and drug-free lifestyle.

Caring for our children
Dan Huber
6 videocassettes (176 min.)(VHS) and 1 booklet
Elk Grove Village, IL: American Academy of Pediatrics, c1995.
CALL NO: Videocassette no. 2459
Summary: Demonstrates how to comply with various guidelines presented in the book, Caring for our Children, that contains national standards for development and evaluation of health and safety performance for out-of-home child care.

Child and Adult Care Food Program guide for Head Start centers
Child Nutrition Programs staff
123 p.
Oklahoma City, OK: Oklahoma State Dept. of Education, 1993.
CALL NO: LC4092.O5C55 1993
Summary: Covers basic requirements, Head Start cook duties, crediting foods in the CACFP, visit and review responsibilities, and includes a menu planning guide for Head Start centers, basic sanitation and food storage guidelines, and recordkeeping forms.

Child health, nutrition, and physical activity
Lilian W.Y. Cheung and Julius B. Richmond
377 p.
Champaign, IL: Human Kinetics, c1995.
CALL NO: RJ102.C475 1995
Summary: Offers a review of the latest information on nutrition, physical activity, eating disorders, childhood obesity, and prevention of chronic disease in adulthood.

Childhood nutrition
Fima Lifshitz, editor
261 p.
Boca Raton: CRC Press, c1995.
CALL NO: RJ206.C5185 1995
Summary: Provides facts on current concepts in pediatric nutrition with regard to the pathophysiology of disease and developing nutritional health care plans. Discusses controversies in childhood nutrition.

Children and teens in weight crisis
Francie M. Berg
35 p.
Hettinger, ND: Healthy Weight Journal, c1995.
CALL NO: BF723.B6B47 1995
Summary: Discusses weight issues critical for children and teens today; the pressure to be thin; a fear of fat which drives body dissatisfaction; the size prejudice; harmful weight practices; eating disorders; obesity; sedentary lifestyles; etc. Also discusses promoting health rather than weight loss.

Choice plus: a reference guide for foods and ingredients
202 p.
Washington, DC: U.S. Dept. of Agriculture, Food and Consumer Service, c1996.
CALL NO: aLB9479.U6C46
Summary: Provides a variety of information intended to assist local school lunch and breakfast program operators make informed decisions as they purchase food for school meals.

Coaching skills for school food service managers
1 booklet and 1 cap
Virginia: Virginia Nutrition Education & Training, c1995.
CALL NO: Kit no. 305
Summary: Designed to prepare Child Nutrition Program managers for their role as coaches; situations that can be improved by coaching; how to set the right climate for coaching; and steps in coaching.

Community nutrition action kit: for people where they live, learn & play
1 videocassette, 2 wall charts, 3 pamphlets, 1 duplicating master, 2 sample membership cards, and 1 set instructional materials
Rockville, MD: The Team, c1996.
CALL NO: Kit no. 352
Summary: None given

Connecticut cooks for kids: a collection of recipes from childcare providers throughout Connecticut
Ellen L. Shanley, Collen A. Thompson, and Susan A. Fiore
181 p.
Storrs, CT: Connecticut Nutrition Education and Training Program, Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, c 1996.
CALL NO: TX715.S53
Summary: A compilation of recipes submitted by chilcare providers who participate in the Child and Adult Care Food Program.

The cook's book: cooking in child care programs: 6 success steps
56 p.
Phoenix, AZ: Arizona Dept. Of Health Services, c1993.
CALL NO: TX361.C5C66 1993
Summary: Discusses menu planning; writing market orders; purchasing food and supplies; preparing meals and snacks; serving the children; and cleaning up.

Cook's choice
Peter Scott, Jennifer Parenteau, and Jane Gullett
1 videocassette (7 min., 32 sec.) (VHS)
Portland, OR: Television Services, Portland Public Schools: Oregon Dept. of Education, c1994.
CALL NO: Videocassette no. 2283
Summary: Discusses how to providing students with food choices leads to satisfied customers and less waste. Shows how to manage these choices with menu development, physical setup, and self service.

Cooking up U.S. history: recipes and research to share with children
Suzanne I. Barchers
187 p.
Englewood, CO: Teachers Ideas Press, c1991.
CALL NO: TX652.5.B22
Summary: A compilation of recipes, research, and readings linked the history of the United States. It provides teachers with recipes and offers them in context of social studies units: the American Indians, the colonists, the Revolutionary War, the westward expansion, the Civil War and commonly identified geographical regions of the country.

Dietary guidelines
Larry Taube, director and Martin Martinez, editor
1 videocasstte (18 min.)(VHS)
CALL NO: Videocassette no. 2407
Summary: Discusses dietary guidelines to follow for overall good health.

Dietary guidelines and children's nutrition: a survey of health care professionals
51 p.
Rosemont, IL: National Dairy Council, 1995.
CALL NO: TX361.C5D544 1995
Summary: This report is based on the findings of a survey which reviewed perceptions about a number of current dietary guidelines and children's health and nutrition. Specific topics included: familiarity and use of current dietary guidelines; factors influencing chronic disease; issues in children's nutrition and areas of improvement; credibility of nutrition sources; need for child-specific dietary guidelines; etc.

Dietary Guidelines pilot program summary: fifteen participating schools, May 1, 1993 to June 1, 1995
30 p., 6 leaves, and 1 map
Springfield, IL: Illinois Nutrition Education and Training Program, c1995.
CALL NO: LB3479.U6D548 1995
Summary: Summary of the Dietary Guidelines pilot program conducted in the state of Illinois to determine whether the Dietary Guidelines for Americans could be successfully implemented in school meal programs. The pilot program provided valuable information which can help to implement new USDA regulations in the National School Lunch and school breakfast programs.

Dimensions in food textures, preparation and feeding techniques for special needs children
4 videocassettes (93 min.) (VHS) and video textbook
San Antonio, TX: Anderson Benner Associates, c1995.
CALL NO: Videocassette no. 2252
Summary: Covers the laws which stipulate responsibility for special needs children; understanding the modified textures diets which are required for these children and how to prepare them; how to feed and prepare children with special needs; and current techniques used to control special needs children.

Discover nutrition, anytime, anywhere: supermarket & foodservice kit: a guide for developing and executing local market promotional programs.
64 p.
Chicago, IL: National Center for Nutrition and Dietetics of the American Dietetic Association and its Foundation, c1994.
CALL NO: TX357.D57 1994
Summary: This tool kit contains all the tools needed to implement two nutrition education events: a supermarket tour, with an aisle-by-aisle tour in this kit are designed to foster local relationships between dietetics professionals and a variety of partners, such as state beef and pork councils, supermarket consumer affairs professionals, chefs, restaurant owners, school foodservice personnel and others.

Eat smart - school nutrition program guide
1 volume
Bethesda, MD: National Heart, Lung, and Blood Institute, c1997.
CALL NO: in process
Summary: This guide gives the food service personnel the tools to reduce fat, saturated fat, and sodium in school meals.

Eating healthy for kids
Turner Multimedia
1 videocassette (21 min., 28 sec.)(VHS)
Atlanta, GA: Cable News Network, c1996.
CALL NO: Videocassette no. 2461
Summary: Examines ways to establish good nutrition habits in children and provides advice from experts on what families should know about making healthy choices for children.

Electronic networking guide
Louisiana-Oklahoma-Texas Coalition
1 volume
Baton Rouge, LA: Louisiana Dept. Of Education, Bureau of Food and Nutrition Sciences, c1996.
CALL NO: TX5105.5.E442 1996
Summary: Contains a history and introduction to the Internet.

Feeding children well
John Kerr
1 videocassette (17 min.) (VHS)
Austin, TX: Texas Nutrition Education & Training Program, c1995.
CALL NO: Videocassette no. 2193
Summary: Explains the Food Guide Pyramid and the importance of nutrition to child care providers.

Feeding for the future: exceptional nutrition in the I.E.P.
Multivision Video & Film
Presented by Nutrition Education and Training Program of Florida Dept. of Education in collaboration with Florida International University and Dade County Public Schools
1 videocassette (19 min.)(VHS) and 1 guide
Tallahassee, FL: Florida Dept. of Education, Food and Nutrition Management Section, c1993.
CALL NO: Videocassette no. 2286
Summary: This video was created to help caregivers of exceptional children build self feeding skills and improve the nutritional health of these children.

Filipino-American food practices, customs, and holidays
Virginia Serraon Claudio
38 p.
Chicago, IL: The American Dietetic Association, c1994.
CALL NO: RC662.C53 1994
Summary: Gives a brief historical background on the Philippines. Discusses regional influences on cooking, traditional food practices and customs, traditiona lbeliefs about food and health, diabetes among Filipino Americans and the nutritional implications of current dietary practices.

Fit to play
Washington, DC: Sugar Association, 1996.
1 videocassette, 1 instructors's guide and 3 idientical posters
CALL NO: Kit no. 332
Summary: Provides adults involved in physical education with information on nutrition and fitness and the tools to convey this information to young people.

Food & nutrition idea book: resources for childcare providers
Lincoln, NE: Nebraska Nutrition Education & Training, 1994.
1 volume (various pagings) and 1 pamphlet
CALL NO: TX364.F662 1994
Summary: Contains lesson plans and activities related to the following topics: the Food Guide Pyramid, nutrition and growth, food identification, food safety, food culture, mealtime behavior and special needs (e.g., caring for breastfed infants and children with developmental disabilities).

Food for thought
Nancy Battista Morgan
1 videocassette (12 min.) (VHS)
Evanston, IL: Altschul Group, c1995.
CALL NO: Videocassette no. 2146
Summary: Suggests ways for parents of young children to cope with the dinner hour in a peaceful way. Presents helpful suggestions that encourage appropriate behavior, such as how to deal with picky eaters and how to keep one hungry child from disrupting the entire family meal.

Food for thought: an information package
Developed by Educational Services Program, Florida State University and Knowles Video, Inc., for the Panhandle Area Educational Consortium and the Food and Nutrition Management Section, Florida Dept. of Education
1 videotape, 4 brochures, and 1 booklet
Tallahassee, FL: Florida Dept. of Education, c1996.
CALL NO: Kit no. 312
Summary: Explains the relationship between nutrition and learning and encourages school food service managers to coordinate with school improvement advisory councils.

Food, fun, and facts: kids from one to five: trainer's manual
5 lesson plans, 10 duplicating masters, 5 transparency sheets, 1 booklet of handouts, and 1 set of instructional materials
Jefferson City?: Missouri Dept. of Health; Columbia?: University of Missouri-Columbia, 1993.
CALL NO: Kit no. 216
Summary: A basic session on the role nutrition plays for normal growth and development of preschool children, the most common nutrient problems, and ways to ensure that meals meet characteristics of children in relation to food and eating, children's most common feeding behaviors, the role of parents and caregivers in feeding children, and nutrition activities that can be used in a child care setting. Also discusses how to set up a training session and how to train adults.

A game plan for success in implementing the Dietary Guidelines
Written and developed for Nutrition Education and Training Program, Child Nutrition and Food Distribution Programs, North Dakota, Department of Public Instruction by Jill Bruce and Cathy Imdieke
1 volume (various pagings)
Bismarck, ND: State of North Dakota Dept. of Public Instruction, 1994.
CALL NO: LB3479.U6B78 1994
Summary: This manual is a step-by-step planning process to implement the Dietary Guidelines for Americans in school meals. It includes information, forms, and suggested resources to use in efforts to improve children's health by offering meals that reflect current dietary guidelines. The manual can assist in designing a plan to provide healthy meals to help build proper lifetime eating habits.

Getting a nutritional head start on life: nutrition for infants and children
1 volume (unpaged), 2 brochures, and 2 information sheet
Boise, ID?: Idaho State Dept. of Education, 1993.
CALL NO: TX364.G48 1993
Summary: Discusses the division of responsibility in feeding children, identifies the components of basic good nutrition with special emphasis on children's issues, and describes the role the Child and Adult Care Food Program plays in forming children's eating habits.

Guía para Latinos, como comer saludablemente (Guide to healthy eating for Latinos)
Aracely Rosales
1 volume
Philadelphia, PA: Health Promotion Council of SEPA, c1995.
CALL NO: TX361.H57R672 1995
Summary: None given

A guide to feeding young children with special needs
Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, 1995.
95 p.
CALL NO: TX361.H35G85 1995
Summary: Designed to increase the awareness of special challenges involved in nutrition and feeding concerns for children with special health care needs and to present ways to approach the issues. It includes children with chronic illnesses and disabilities such as cerebral palsy, sina bifida, food allergies, metabolic disorders and serious emotional and behavioral disorders.

Hand in hand: food service and the classroom: partners in education
Nutrition Education Committee of the Midwest Region 5-Star Child Nutrition Task Force
8 p.
Springfield, IL: Illinois State Board of Education, c1995.
CALL NO: LB3479.U6H36 1995
Summary: This booklet was developed in order to help build positive relationships between food service staff and teachers. Offers ideas for teaching nutrition concepts and promoting the school food service to elementary and middle school children.

Health and safety in family day care: an introductory course for family day care providers
3 videocassettes, 59 slides, 1 sound cassette, 2 books, and 1 set of text materials
Columbus, OH: Ohio Dept. of Health, Division of Maternal and Child Health: Ohio Dept. of Human Services, Bureau of Child Care; McLean, VA: Available from National Maternal and Child Health Clearinghouse, 1993.
CALL NO: Kit no. 200
Summary: None given

Health in your hands (Salud en tus manos)
Carmen Moreno and Felícita Bernier
1 videocassette, 1 wall chart, 50 identical consumer magazines, 25 identical food shopping guides, 1 instructor's guide, and 2 identical evaluation forms
New York, NY: CPC International, Best Foods Division, c1996.
CALL NO: Kit no. 365
Summary: Provides a nutrition program specifically developed for Latinos. Divided into six sessions covering a healthy Latino diet, the food label, the Food Guide Pyramid, fat and cholesterol, salt and sodium, menu planning and feeding children.

A healthier future: home study program for child care
Suzy Stonehill, Dorothy Pond-Smith, and Carol Griffith
155 p.
Washington: Nutrition Education and Training, c1995.
CALL NO: TX361.C5S7664 1995
Summary: This program consists of five lessons, and is designed to provide basic knowledge and skills needed to implement the Dietary Guidelines for Americans in child care facilities. The focus is centered on child nutrition programs and utilizes a total team approach. The lesson topics are: implementing the Dietary Guidelines for Americans; recipe modification, menus, and healthy product selection; food labeling laws; food safety and the picky eater; program marketing; and strengthening parent, staff, and community relationships.

The healthy E.D.G.E. in schools: eating, the Dietary Guidelines and education
1 instructor's manual and 1 participant's manual
Alexandria, VA: American School Food Service Association, c1994.
CALL NO: Kit no. 318
Summary: The program is designed to provide school food service professionals with the basic knowledge and skills to implement the Dietary Guidelines in child nutrition programs utilizing a total team approach and marketing strategies.

Healthy cooking for kids: 1995 breakfast lunch training
1 videocassette, 1 handbook, 2 sheets lesson plans, and 1 evaluation form
University, MS: National Food Service Management Institute, c1995.
CALL NO: Kit no. 272
Summary: Discusses new methods of food preparation and presentation for school food service program meals. The goal of the program is for students to find that the most appealing food choices are the healthiest ones.

Healthy cuisine for kids workshop
1 trainer's notebook, 1 laboratory production and recipe book, 1 participant's manual, 1 press release, and 1 evaluation form
University, MS: National Food Service Management Institute, c1995.
CALL NO: Kit no. 300
Summary: Designed to help program administrators improve the nutritional quality and acceptability of school meals through the application of food preparation techniques that implement the principles of the Dietary Guidelines for Americans. Emphasis is placed on moderating the use of fat, sodium, and sugar; increasing the use of vegetables, fruits, grains, and healthy desserts; and the use of flavor enhancers and presentation techniques that attract the customer.

Healthy eating for the whole family
1 videocassette (12 min., 25 sec.) (VHS) and 1 booklet
Beaverton, OR: Mosby Great Performance, c1995.
CALL NO: Videocassette no. 2255
Summary: Discusses how the foods parents eat, when they eat, and what they serve have an impact on children's health. Shows how to get children involved in menu planning, get more exercise, and eat nutritious foods.

Healthy eating: nutrition for infants & children under 5
1 videocassette (30 min.) (VHS) and 1 manual
Charleston, WV: Cambridge Educational, c1994.
CALL NO: Videocassette no. 2228
Summary: Focuses on nutritional needs for three specific stages of development: birth-12 months, 1-3 years, and 3-5 years.

Healthy heart snacks choices: a resource guide
Susan M. Kessler
170 p.
Plainview, NY: Cornell Cooperative Extension, Nassau County, c1996.
CALL NO: RC684.D5K377 1996.
Summary: The goal of this project is to provide guidance in promoting healthy snacking habits in children by introducing them to healthy foods in a relaxed, recreational atmosphere.

Healthy ideas, teaching children about nutrition
Dorothy Pond-Smith
1 vol.
Pullman, WA: Dept. of Food Science and Human Nutrition, Washington State University, c1993.
CALL NO: TX364.P66 1993
Summary: Presents the results of a survey that was sent to all public school district food service directors in Washington State and to some elementary school principals. The surveys provided information on how much nutrition education was a part of the curriculum and cafeteria activities in the schools.

Healthy menus and recipes for the summer food service program
1 videocassette (35 min.) (VHS)
Harrisburg, PA: Pennsylvania Dept. of Education, Division of Food and Nutrition, c1995.
CALL NO: Videocassette no. 2289
Summary: Designed to help food service providers integrate the book into their programs. The goal is to provide healthy meals that meet the USDA's Dietary Guidelines as they pertain to children.

Healthy school lunch menus: your guide to making everyday nutritious and unbeatable
Office of Public Instruction, Nutrition Education & Training Program, Helena, Montana through cooperation with Katherine S. Bark and food service personnel from Montana
1 volume (various pagings)
Helena, MT: The Program, 1994.
CALL NO: LB3479.UP 1994
Summary: This is a six-week menu cycle intended to assist school food service directors in implementing the Dietary Guidelines into the School Lunch Program. Discusses the rationale for developing the menu program and presents the menu's nutrition goals. Contains recipes and product information, tips for modifying recipes and assessment tools, and suggestions for marketing the menu.

Healthy school lunch training series
Idaho State Department of Education
1 volume (various pagings) and 2 pamphlets
Boise, ID: The Department, 1993.
CALL NO: LB3479.UP 1993
Summary: This is a five-part series of training modules based upon training needs specified by Idaho school food service supervisors. The sessions familiarize participants with the Dietary Guidelines and the Food Guide Pyramid; focus on how school meals meet the different nutritional needs of young children; teach the consumer to distinguish sound from unsound nutritional information so as to be able to make wise food purchases; teach participants the principles of marketing their school lunch program; and teach participants menu planning and shopping skills using the Dietary Guidelines.

Healthy school meals training: instructor's key
1 volume
Oklahoma City, OK: Oklahoma Dept. of Education, c1996.
CALL NO: LB3479.U6H434 1996
Summary: Purpose of this workbook is to assist trainers/instructors in teaching and students/participants in developing competencies for the sucessful implementation of USDA School Meal Initiative regulations.

Healthy school meals training: student handbook
1 volume
Oklahoma City, OK: Oklahoma Dept. of Education, c1996.
CALL NO: LB3479.U6H433 1996
Summary: Purpose of this workbook is to assist trainers/instructors in teaching and students/participants in developing competencies for the sucessful implementation of USDA School Meal Initiative regulations.

Healthy school meals training: Washington D.C. make-up training session, March 26-28, 1996
1 volume
Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, c1996
CALL NO: aTX361.C5H43 1996
Summary: This manual is designed to help school food service staff implement the U.S.D.A.'s School Meals Initiative for Healthy Children, and ensure school meals that will improve the health and education of children in the United States. Lessons cover program requirements for food-based menus, NuMenus and Assisted NuMenus; the Dietary Guidelines as applied to children; standardized recipes and preparation techniques; food procurement; menu planning; nutrient databases and software for child nutrition programs; nutrient analysis; and marketing healthy school meals.

The healthy young child
Sari F. Edelstein
491, 132, [13] p.
Minneapolis/St. Paul, MN: West Pub. Co., c1995.
CALL NO: RJ61.E23 1995
Summary: Provides readers with a comprehensive, practical guide for the nurturing and caring of children. Outlines a detailed discussion of normal growth and development; focuses on how to feed children of all ages and provides an understanding of nutrition; places major emphasis on safety; and includes information on current health issues, such as AIDS, SIDS, child abuse signs, tuberculosis transmission, measles spread, etc.

Hey, hey, eat 5 a day for adults: a fun nutrition education program promoting fruits and vegetables
JoAnne Treuhaft, Jeanne Wright, and Susan Zies
1 set teaching materials
Toledo, OH: Toledo Dept. of Health & Environment, c1995.
CALL NO: Kit 344
Summary: Objectives of this program are to promote fruits and vegetables in the diet; increase consumers' awareness of the nutritional value of fruits and vegetables; providing consumers with the experince of tasting unfamiliar fruits and vegetables; provide ways to prepare fruits and vegetables; and promote fruits and vegetables as low-fat foods and componets of a healthy diet.

Homeplate
Jake Postma with assistance from P. Carolyn Dunn, Carolyn J. Lackey, and Kathryn M. Kolasa; produced by the Center for Health Sciences Communication, East Carolina University, School of Medicine in cooperation with East Carolina University, Dept. of Family Medicine, and North Carolina State University, North Carolina Cooperative Extension Service
1 videocassette (26 min., 28 sec.) (VHS), 12 duplicating masters, 2 recipe cards, 1 newsletter, and 1 survey form
Greenville, NC: The Center, c1994.
CALL NO: Videocassette no. 2151
Summary: This program was developed to help parents develop healthy eating patterns for their children. Covers topics such as snacking, trying new foods, food safety and pesticides, and getting a nutritious dinner on the table in a short time.

How to teach nutrition to kids: an integrated, creative approach to nutrition education for children ages 6-10
Connie Liakos Evers
189 p.
Tigard, OR: 24 Carrot Press, 1995.
CALL NO: TX364.E34 1995
Summary: Contains nutrition education activities and strategies that integrate nutrition into the classroom, cafeteria and home environments. Highlights include guidelines for instilling positive food attitudes; information on how to make the Food Guide Pyramid and Nutrition Facts food labels meaningful to children, etc.

Illinois NET works
Illinois NET, Dept. of Child Nutrition and the Instructional Technology Section, the Illinois State Board of Education
1 videocassette (25 min., 53 sec.) (VHS)
Springfield, IL: Illinois State Board of Education, c1995.
CALL NO: Videocassette no. 2281
Summary: Describes a pilot program to improve eating habits of Illinois school children based on the USDA Dietary Guidelines for Americans. Shows ways to implement the Dietary Guidelines for Americans in schools. Discusses menu planning, preparation techniques and purchasing of food.

The importance of you in school food service
San Diego, CA: American Institute of Wine & Food, c1996.
1 videocassette, 1 leader guide, 1 organizing guide, 1 sample flyer, 1 blank flyer, 1 white paper, and 16 duplicating masters
CALL NO: Kit no. 339
Summary: The objectives of the workshop are to get school food service personnel in touch with food to heighten awareness of the importance of school personnel in feeding children.

Ingredientes para un gran comienzo
desarrollado por El Centro del Estudio Infantil y Familiar, Laboratorio de Investigacíon y Desarrollo Educacional, Far West
1 videocassette (25 min.)(VHS) and 1 video magazine
Sacramento: Departamento de Educacíon de California, c1993.
CALL NO: Videocassette no. 2128
Summary: Focuses on relating meal times to development, providing healthy foods and promoting healthy habits.

Ingredients for a good start
Center for Child and Family Studies, Far West Laboratory for Educational Research and Development; created and produced by Glynn Butterfield, Sheila M. Signer; director/script consultant, Stephen Gilford
1 videocassette (25 min.) (VHS) and 1 video magazine
Sacramento, CA: Dept. of Education, c1993.
CALL NO: Videocassette no. 2113
Summary: Focuses on relating meal times to development, providing healthy foods, and promoting healthy habits.

Kitchen math: basic skills
1 curriculum and 1 workbook
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training Program, c1995.
CALL NO: Kit no. 311
Summary: Created for contractors and program monitors whose facility participates in one or more of the USDA Child Nutrition Programs. The goal is to provide participants with information about basic math skills so that the correct amount of foods are purchased for the number of children and adults participating in their program.

La Piramide de la alimentacion
National Health Video, Inc.
1 videocassette (10 min.) (VHS)
Los Angeles, CA: National Health Video, c1993.
CALL NO: Videocassette no. 1783
Summary: Describes the Food Guide Pyramid and discusses the reason for the pyramid design. Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses the nutrients to be found in each food group, how many servings are recommended from each group per day, tells what a serving size is and why it is important.

Lean 'n easy: preparing meat with less fat and more taste
The American Dietetic Association and the National Live Stock and Meat Board
1 videocassette (25 min.) (VHS) and 1 leader's guide (15 p.)
Chicago, IL: The Board, c1994.
CALL NO: Videocassette no. 2133
Summary: Teaches that a low-fat diet doesn't need to be costly, tasteless, or time consuming; it is not necessary to avoid favorite foods to lower fat intake. Included are tips for shopping, label reading, food preparation, cooking techniques, and safe storage and handling of foods.

Let them eat cake!: the case against overcontrolling what your children eat: the pediatrician's guide to safe and healthy food and growth 1st edition
Ronald E. Kleinman, Michael S. Jellinek, and Julie Houston
292 p.
New York: Villard Books, c1994.
CALL NO: RJ206.K59 1994
Summary: The premise is that if a child is healthy and his growth and development are normal, there is no need to be obsessed about what food a child eats. Contains hints on real-world food and nutrition, including meal plans and the latest information on safety and preparation.

Making healthy choices
2 sound cassettes (32 min.)
Washington, DC: Learning Systems Group, c1995.
CALL NO: Audiocassette no. 376
Summary: Designed to help the parents or caregivers of children with disabilities who are in middle school. Subject emphasizes being alcohol and drug-free.

Making room on the tray: fruits and vegetables in the National School Lunch Program
Mark Bellinger, Julie Rabinovitz, and Tricia Obester
39 p.
Washington, DC: Public Voice for Food and Health Policy, 1993.
CALL NO: LB3479.U6B45 1993
Summary: In this study, the Public Voice for Food and Health Policy examines access to fresh fruits and vegetables in the National School Lunch Program in terms of nutrition, distribution, and food safety. Examines the amount and variety of fruits and vegetables that schools are serving and children are eating; evaluates the distribution of fresh produce to schools through USDA commodity program; and explores the need and potential for the National School Lunch Program to offer children produce grown with fewer chemical pesticides.

Making the honor roll
Advocates for Better Children's Diets
8 booklets, 1 newsletter, 1 brochure, and 1 card
Washington, DC?: Advocates for Better Children's Diets, c1995.
CALL NO: Kit no. 248
Summary: Recognizes successful schools for efforts to improve the nutritional quality of meals served to kids. Also serves as an action guide for other schools to improve their child nutrition programs.

Management workshop: nutrition education: student packet
Child Nutrition Programs
1 volume (unpaged)
Oklahoma City, OK: Oklahoma State Dept. of Education, 1993.
CALL NO: TX361.C5M363 1993
Summary: The goal of the workshop is that participants will implement the Dietary Guidelines of reducing excessive fat, sodium, and sugar when planning and preparing school lunch menus. Participants become familiar with the RDA Table; review the Dietary Guidelines; are introduced to the Food Guide Pyramid; become aware of the functions of fat, sodium, and sugar in their diets; become familiar with the possible consequences to total health when the diet contains an excessive amount of fat, sodium, and sugar; and become familiar with common sources of excessive fat, sodium, and sugar.

Meal production and service: inservice training for school nutrition personnel
Nancy Lovely, editor; design and layout, Deborah Bowen
Jefferson City, MO: Nutrition Education and Training Program, Dept. of Health, 1993.
CALL NO: Kit no. 190
Summary: Discusses how to ensure efficient food production through effective management by utilizing fully the cafeteria's available resources; developing work and production schedules; using the USDA Food Buying Guide to determine food quantities; keeping accurate daily food production records; following work simplification techniques; standardizing recipes; adjusting recipe quantities to the forecasted number to be served; practicing food preparation techniques which can result in quality menu items; practicing portion control to reduce food cost and waste; and determining, evaluating and controlling food costs.

Meeting their needs: training manual for child nutrition program personnel serving children with special needs
U.S. Department of Agriculture, Food & Nutrition Service, Southeast Regional Office, Atlanta, Georgia and the University of Alabama at Birmingham, Department of Nutrition Sciences and Sparks Clinics, Birmingham, Alabama
69, [20] p.
Birmingham, AL: University of Alabama at Birmingham, Dept. of Nutrition Sciences and Sparks Clinics, 1993.
CALL NO: TX361.C5M44 1993
Summary: Intended as a guide for Child Nutrition Program personnel to meet the nutritional requirements of students with special health care needs, which will include students with developmental disabilities, handicapping conditions and special medical or dietary needs. Provides information on the types of disabilities students may have and the nutrition problems and nutrient needs associated with those problems; provides information on food service concerns in meeting student needs with regard to menu modification, sanitation, recipe adjustment for texture, calorie control, nutrients, time management, dining room set-up, etc.; and provides information on available resources for educating staff and meeting the needs of the child with special health care needs.

Menu
2 volumes
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1995.
CALL NO: TX364.M43 1995
Summary: The purpose of the workshop materials is to provide information about the principle concepts and procedures for planning nutritious and economic meals for children and to provide hands-on experience in developing menus. Written for staff involved with planning or preparing menus for children at facilities participating in the Child and Adult Care Food Program.

Minnesota food & nutrition education & training resource catalog
Gail Carlson, et al.
1 volume
St. Paul, MN: Minnesota Dept. of Children, Families & Learning, c1997.
CALL NO: Z5814.F7M56 1997
Summary: Contains an annotates listing of materials available on loan from the Food & Nutrition Education & Training Resource Center in Minnesota.

Multicultural pyramid packet
Cheryl L Achterberg, Jeannie McKenzie, and Farah Arosemena
1 volume
University Park, PA: Penn State Nutrition Center, college of Health and Human Development, Pennsylvania State University, c1996.
CALL NO: TX360.U6A24 1996
Summary: This packet provides health educators with a blueprint of foods eaten by various cultures living in the United States. This package was designed for teaching cultural foods to counseling clients from culturally diverse backgrounds.

The new nutrition facts food label
Christina Vuckovic
1 videocassette (16 min.) (VHS) and 1 leaflet
Huntsville, TX: Educational Video Network, c1995.
CALL NO: Videocassette no. 2016
Summary: Explains the new federally mandated food labels and how consumers can use them to make healthier food choices.

Nutrition and dental health
A.J. Rugg-Gunn with A. F. Hackett
470 p.
Oxford; New York: Oxford University Press, 1993.
CALL NO: RK281.R84 1993
Summary: Draws together information on various aspects of nutrition, diet, and dental health. Topics covered include dental diseases; nutrition, dental development, and dental hypoplasia; dental caries; dietary aspects of tooth erosion; nutrition and periodontal disease; the value of teeth in nutrition; nutrition and dental health of children and adults; dietary advice for the individual; national and community food policies for dental health in the UK; etc. Written for dietitians, dentists, doctors, health educators, and those in food manufacturing industries.

Nutrition education and marketing: training module
Roberta Richey and Nancy Lovely, editors
1 set teaching materials
Jefferson City, MO: Nutrition Education and Training Program, Dept. of Health, 1994.
CALL NO: Kit no. 236
Summary: This module is dedicated to the promotion of nutrition education as part of a school's commitment to healthier students. It attempts to address nutrition issues.

Nutrition education and training resource guide: Maryland
1 volume
Maryland: Maryland State Dept. of Education, Program Assistance & Monitoring and Child Nutrition Sections, c199?
CALL NO: Z5776.N8N88
Summary: Lists resource materials dealing with various aspects of nutrition. The materials are organized according to format: videotapes, 16mm films, filmstrips, computer programs, curriculum guides, books, transparencies, slides with cassettes, games, and miscellaneous materials.

Nutrition education in public elementary and secondary schools
Carin Celebuski and Elizabeth Farris
57 p.
Washignton, DC: U.S. Dept. of Education, Office of Educational Research and Improvement, c1996.
CALL NO: TX364.C45 1996
Summary: Presents the findings from the survey "Nutrition Education in Public Schools, K-12" that was requested by the Food and Consumer Service of USDA.

Nutrition for enhancing children's health (K-6)
Montana State University Outreach and Extension Service and KUSM-TV; producer, Karen Johnson; director, Mike Keating
2 videocassettes (120 min.) (VHS) and 2 resource lists
Bozeman, MT: KUSM-TV, c1993
CALL NO: Videocassette no. 1688
Summary: Covers the Dietary Guidelines and the Food Guide Pyramid and their applications for children; children's diets; school food service involvement; and programs, resources, and successful nutrition education methods. Geared toward teachers, parents, and school food service personnel.

Nutrition guidance
1 videocassette, 1 poster, 1 handbook, 2 booklets, and 1 activity poster
Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, c1995.
CALL NO: Kit no. 367
Summary: This training package was developed to instruct sponsors and providers on how to implement the Dietary Guidelines for Americans within the current meal pattern requirements in the Child and Adult Care Food Program. Also provides training information on menu planning, nutrition education, the new food label, and other topics related to providing nutritious meals.

Nutrition guide to food allergies
Anne Muñoz-Furlong
23 p.
Fairfax, VA: Food Allergy Network, c1992.
CALL NO: RC596.N87 1992
Summary: Discusses what a food allergy is, how it's diagnosed, and how it's treated. Teaches parents how a child's food allergy will affect his or her diet. Explains the importance of balanced meals in the treatment of a food allergy, encouraging parents not to change a child's diet without consulting a pediatrician, allergist, or registered dietitian.

Nutrition in infancy and childhood 5th edition
Peggy L. Pipes and Cristine M. Trahms, editors
429 p.
St. Louis: Mosby, c1993.
CALL NO: RJ206.P56 1993
Summary: Presents information on growth and development, nutrient needs of infants and children, and the clinical approach to collecting and assessing food intake information. Includes discussions on infancy, preschool-age, school-age, and adolescent children. The fifth edition has been reorganized and expanded, and includes two new chapters: one on the school-age child and another on nutrition intervention in special circumstances in adolescence. Other revisions include expansion of the chapter on the developmentally delayed child, the addition of review questions, etc.

Nutrition management for children with special needs
1 volume
St. Paul, MN: Minnesota Department of Children, Families, and Learning, 1996.
CALL NO: TX361.H35N875 1996
Designed to assist school food and nutrition personnel in Minnesota school districts to ensure that the nutritional needs of students with disabilities are met when the disability requires restrictions or modifications in their diet.

Nutrition resource guide for child care
Karen Shetterley, et al.
200 p.
Athens, GA: University of Georgia, Georgia Center for Continuing Education, Family and Consumer Sciences Program Section, c1993.
CALL NO: TX361.C5N88 1993
Summary: Discusses the role of the child care provider. Provides information on child development to help the child care provider plan and serve appropriate foods to children.

Nutrition resource guide for children with special health care needs Revised 1993
Cynthia Taft Bayerl, Linda D. Piette, and Molly Holland
28 leaves
Boston, MA: Massachusetts Dept. of Public Health in collaboration with the Eunice Kennedy Shriver Center, 1993.
CALL NO: RJ53.D53B39 1993
Summary: None given

Oatmeal in my hair: the challenge of feeding kids
Gannett Production Services
1 videocassette (12 min.)(VHS)
Minneapolis, MN: The Services, c1992.
CALL NO: Videocassette no. 1301
Summary: Several parents discuss their problems with feeding their preschool children. Topics discussed include: ideas for snacks, ways to make mealtime more pleasant, shopping tips, typical characteristics of preschooler parents as role models. Variety of ethnic groups and family types are represented, including a divorced father and a single other.

Off to school with food allergies: a guide for parents and teachers: parent's guide
Robert S. Zeiger and Anne Munoz-Furlong
20 p.
Fairfax, VA: Food Allergy Network, c1992.
CALL NO: RC596.M86 1992
Summary: Intended to help parents and teachers of children with food allergies work together to ease the stressful transition period of sending a child off to school. Answers such questions as what is a food allergy, what foods cause food-allergic reactions, what are typical symptoms that occur during a food-allergic reaction, can food allergies kill, can food allergies be outgrown, what steps should be taken if a student is experiencing a food-allergic reaction, etc. Contains a checklist for parents and tips for packing lunches for food-allergic children.

Offer vs. serve: the right choice!
David Allaway, et al.
1 videocassette (10 min., 17 sec.) (VHS)
Portland, OR: Oregon Dept. of Education: Television Services, Portland Public Schools, c1994.
CALL NO: Videocassette no. 2282
Summary: Discusses offer versus serve, a program that increases participation in school meal programs, decreases serving time and food waste and gives students the opportunity to make good choices.

Planning nutritious snacks: curriculum
1 volume
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1995.
CALL NO: TX361.C5P52 1995
Summary: The purpose of these workshop materials is to provide information on planning tasty, nutritious snacks which meet CACFP snack regulations and the Dietary Guidelines for Americans. Topics include: importance of snacks in the child's diet; CACFP snack requirements; Dietary Guidelines; and how to include children in preparation of snacks. Written for food service and child care staff, coordinators and educators who have responsibility of providing snacks at facilities participating in one or more of the USDA Child Nutrition Programs.

Play hard, eat right: a parents' guide to sports nutrition for children
Debbi Sowell Jennings and Suzanne Nelson Steen
152 p.
Minneapolis, MN: Chronimed Pub., c1995.
CALL NO: RJ206.J46 1995
Summary: Shows how to help foster children's development and maximize their athletic performance. Gives insight into 6-12 year olds changing nutrition needs, and provides the tools needed to help children get a head start, including the latest dietary guidelines for child athletes; tips on selecting nutritious fast food; information on nutrition and the child's growth, body weight, and development; tips on providing adequate nutrients for a child's athlete; and advice on meeting the fluid needs of children.

Preventing childhood eating problems: a practical, positive approach to raising children free of food and weight conflicts
Jane R. Hirschmann and Lela Zaphiropoulos
160 p.
Carlsbad, CA: Gürze Books, c1993.
CALL NO: RJ206.H53 1993
Summary: Offers an approach to healthy eating based on the method of self-demand feeding. Presents evidence that children will naturally self-regulate their eating if rigid rules are not imposed upon them; anxieties about food, weight, and diet are eliminated if children are allowed to choose how they deal with food.

Project 2001: nutrition for a new century
John Kerr
1 videocassette (6 min., 40 sec.) (VHS)
Texas: Texas Nutrition Education & Training Program, c1992.
CALL NO: Videocassette no. 1584
Summary: Project 2001 is an invitation to schools to shape their food service around the concept of the Food Guide Pyramid. Participating schools receive a project information kit and promotional materials for parents and food service staff.

Project 2001: nutrition for a new century
1 set informational materials, 1 pamphlet, 18 duplicating masters, 1 sheet stickers, and 1 press release
Dallas, TX: Southwest Region, Food and Nutrition Service, U.S. Dept. of Agriculture, c1993.
CALL NO: Kit no. 158
Summary: Project 2001 is an invitation to schools to shape their food service around the concept of the Food Guide Pyramid. Kit contains project information and promotional materials for parents and food service staff.

Puppets use forks, too! puppetry in nutrition education
Brenda J. Miller and Merry Saegert
1 volume
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1993.
CALL NO: TX364.M55 1993
Summary: Designed to provide training and familiarity with the use of puppets, particularly in the area of nutrition education. Directed toward teachers, child care workers and coordinators.

Safe food, healthy children
1 videocassette, 1 facilitator's packet, 1 participant packet.
Georgia: University of Georgia Cooperative Extension Service, 1995.
CALL NO: Kit no. 340
Summary: Deals with problems of foodborne illness and its possible devastating effects on children, and identifies ways to prevent foodborne illness from occurring in child care centers and family day care homes.

School breakfast kit: the healthy way to start every day
1 videocassette, 1 booklet, 1 pamphlet, 1 poster, 2 duplicating masters, and 1 leader's guide
Rosemont, IL: National Dairy Council: National Dairy Promotion and Research Board, 1993.
CALL NO: Kit no. 147
Summary: A school breakfast program promotional kit that targets parents in an effort to increase the number of available school breakfast programs and to boost student participation. Discusses the connection between eating and learning, the importance of breakfast, the advantages of the school breakfast program, who is eligible for the program and how to start a program.

School breakfast program menu planning book
16, [40] p.
Oklahoma City, OK: Oklahoma State Dept. of Education, 1993.
CALL NO: LB3479.U6S36 1993
Summary: Provides a school breakfast program background and update, and discusses school breakfast program meal pattern requirements, breakfast meal requirements, implementing offer versus serve in the school breakfast program, identifying a reimbursable breakfast in an offer versus serve program, and classification of foods for school menus. Includes guidelines for planning breakfasts, breakfast sample menus, a breakfast menu evaluation, menu planning pages, and various forms.

School breakfast: providing the fuel for learning
Produced by Missouri Department of Elementary & Secondary Education
1 videocassette (12 min., 37 sec.) (VHS)
Jefferson City, MO: The Department, c1992.
CALL NO: Videocassette no. 1691
Summary: Discusses reasons for a school district to make breakfast available for students, and provides resource information about how to establish a breakfast program.

School food allergy program
Anne Muñoz-Furlong (editor)
1 videocassette, 1 set instructional materials, 1 and epi-pen
Fairfax, VA: Food Allergy Network, c1995.
CALL NO: Kit no. 315
Summary: This program was created to fill a need for disseminating information about food allergy and anaphylaxis to school officials. Its purpose is to help minimize the risk of an allergic reaction and to help create a plan to quickly assist students if a reaction occurs.

Shaping healthy choices into action: implementation materials for the child nutrition, shaping healthy choices campaign
2 videocassettes, 7 booklets, 3 brochures, and 1 set promotional materials
Sacramento: California Dept. of Education, c1992.
CALL NO: Kit no. 155
Summary: Program designed to help California schools and child development programs introduce children and youth to dietary practices that promote health, reduce the risk of chronic disease, and provide for optimal learning, growth, development and physical activity.

Soul and traditional southern food practices, customs, and holidays
Cathryn Boyd Burke and Susan P. Raia
29 p.
Chicago, IL: The American Dietetic Association; Alexandria, VA: American Diabetes Association, c1995.
CALL NO: RC662.B87 1995
Summary: Focuses on soul, or traditional Southern, foodways, with a brief review of their origins and their impact on Type II diabetes mellitus. Contains examples of traditional menus and recipes.

Sports nutrition: resource packet
Star Campbell
1 portfolio
University Park, PA: Penn State Nutrition Center, Penn State University, 1993.
CALL NO: TX361.A8S6 1993
Summary: This packet of resource materials provides information concerning nutrition for athletes. The items include reprints of articles, pamphlets, leaflets, and a poster. Topics include: nutrition for sports performance, children and sports, calcium deficiency, protein, fast food meals and eating on the road, eating disorders and steroids.

Smart selections
1 videocassette (6 min., 50 sec.) (VHS) and 1 booklet
Washington, DC: Public Voice for Food and Health Policy, c1993.
CALL NO: Videocassette no. 1600
Summary: Explains how the new food label offers more complete nutrition and health information than previous labels. Comedienne Carol Leifer walks through the aisles of a grocery store examining labels of various items.

Statement on the link between nutrition and cognitive development in children
Center on Hunger, Poverty and Nutrition Policy, Tufts University, School of Nutrition
16 p.
CALL NO: RJ399.M26S73 1994
Summary: Discusses new research findings on how children are harmed by undernutrition and examines the major nutrition programs in the U.S. that are targeted to children, such as WIC, the School Breakfast Program, the School Lunch Program, the Summer Food Service Program, and the Food Stamp Program.

Teaching for a lifetime: nutrition education for young children
Barbara J. Mayfield.
1 videocassette (12 min.) (VHS) and 1 resource manual
Delphi, IN: Walters & Steinberg Productions, Inc.; distributed by Noteworthy Creations Inc., 1994.
CALL NO: Videocassette no. 2145
Summary: Designed to provide training in doing nutrition education with young children.

Target your market: child nutrition program marketing course
1 volume
Alexandria, VA: American School Food Service Association, c1994.
CALL NO: TX911.3.M3T37
Summary: Provides a step-by-step process to help child nutrition personnel develop a customized marketing plan for their child nutrition programs.

Team Nutrition's food, family and fun: a seasonal guide to healthy eating: commemorating 50 years of school lunch
122 p.
Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service; Washington, DC: For sale by Superintendent of Documents, G.P.O.
CALL NO: aTX661.T43 1996
Summary: This is a collection of 50 recipes, organized by season, featuring family nutrition education activities.

Tip top tots: the nutrition pyramid for preschoolers
Presented by the Meridian Education Corporation; written and produced by Wendy L. Boersema
1 videocassette (20 min.) (VHS)
Bloomington, IL: Meridian Education Corporation, c1994.
CALL NO: Videocassette no. 2127
Summary: This program discusses ways to help children eat healthful foods by understanding 1) how we can positively influence eating habits of infants and toddlers 2) the Food Guide Pyramid and 3) recommend serving sizes for children two to six.

A tool kit for healthy school meals: recipes and training materials: USDA's new school lunch and breakfast recipes
1 volume
Washington, DC: U.S. Dept. of Agriculture, 1995.
CALL NO: aLB3479.U6T66 1995
Summary: Contains recipes which were developed with today's kids and their tastes in mind. Includes ethnic foods, meatless dishes and low-fat desserts made with fresh ingredients, and contain nutritional content of each serving for each recipe. Intended to help school food service professionals provide children with the nutrition they need using new and exciting recipes that are simple, nutritious, and easy to implement.

Training for healthy eating: a curriculum guide for preschool teachers
Patricia McGrath Morris and Mary Hughes Hynes
58 p.
Washington, DC: Public Voice for Food and Health Policy, 1992.
CALL NO: TX364.M669 1992
Summary: Utilizes the thinking behind the 1992 Food Guide Pyramid by translating this thinking into the concept of a train to make the Pyramid more accessible to young children. Contains instructions for constructing a train, a sample letter to parents on the importance of involving children in home food preparation and curriculum activities.

Understand food allergy
American Academy of Allergy & Immunology; International Food Information Council Foundation
1 videocassette (120 min.) (VHS)
Milwaukee, WI: AAAI; Washington, DC: IFIC Foundation, c1994.
CALL NO: Videocassette no. 2285
Summary: Video conference designed for health professionals to provide an overview of food allergy and food intolerance.

Using the new food label to choose healthier foods
11 p.
Rockville, MD: Food and Drug Administration; Washington, DC: Food Safety and Inspection Service, c1994.
CALL NO: aTX551.U85 1994
Summary: Describes key parts of the new food label and explains how the label's nutrient and health claims, how to use the nutrition facts, what is meant by serving sizes and percent daily value.

Virginia SFSP resource guide 1995 edition
43 leaves
Robbinsville, NJ: Nutrition Education and Training Programs, United States Department of Agriculture, Food and Consumer Service, c1995.
CALL NO: aTX945.2.V57 1995
Summary: None given.

What are we feeding our kids?
Michael F. Jacobson and Bruce Maxwell
309 p.
New York: Workman Pub., c1994.
CALL NO: RJ206.J28 1994
Summary: Shows how parents can regain control of their children's nutritional health.

What's in a meal?: a resource manual for providing nutritious meals in the Child and Adult Care Food Program
Child Nutrition Programs
114 p.
Chicago, IL: U.S. Dept. of Agriculture, Food and Nutrition Service, Midwest Region, Child Nutrition Programs, 1994.
CALL NO: aTX361.C5C55 1994
Summary: Intended to assist Child and Adult Care Food Program personnel in providing quality, nutritious meals which comply with CACFP meal pattern requirements. Sections include nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation and crediting foods.

What's in our food: fact and fiction about fat and fiber, vitamins and mnerals, nutrients and contaminants
Mia Parsonnet
145 p.
Lanham, MD: Madison Books, c1996.
CALL NO: TX531.P28 1996
Summary: This book is intended to provide basic information to the consumer about all the substances we eat. Discusses proteins, carbohydrates, fat, vitamins, minerals, water, milk, alcohol, and caffeine. Also covers safety issues and controversies; food labels; calories; and miscellaneous topics.

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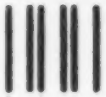

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